

# CFS Is Misunderstood - ARE YOU?

Friends and family don't understand  
Chronic Fatigue Syndrome  
*- but we do.*



**We can help you BEAT CFS  
and give you your life back.**

**Feel normal again!**



Your Health Online A-Z guide to dealing with health  
problems and finding natural self care & nutritional  
strategies for your better health:

<http://thehealthsuccesssite.com/Cope-with-chronic-fatigue-syndrome.html>

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**Your Health Online A–Z guide to dealing with health problems and finding natural self care & nutritional strategies for your better health:**  
<http://TheHealthSuccessSite.com/Your-health-online.html>

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## Welcome to our free report about Chronic Fatigue Syndrome and the benefits of Vitamin Supplements.

My name is **Helene Malmsio**, and I have been a nutritional consultant working with and recommending these natural herbal nutrition supplements since 1994.

This report and the website that this information is sourced from, has been created with the help of the team of consultants I work with.

You can contact me to find out more about our nutritional systems or about joining our team of health and wellness consultants by emailing me at [helene@TheHealthSuccessSite.com](mailto:helene@TheHealthSuccessSite.com)

I have been dealing with my own Chronic Fatigue Syndrome since the mid 1970's so there is not much that I don't know about experiencing the downward spiral that this condition becomes.

My wish is that you will choose to join me in using natural nutritional self care strategies on this journey toward dynamic health and energy again.

**I believe that you deserve to experience the joy of living life to the fullest!**

*Helene Malmsio*

<http://TheHealthSuccessSite.com/helene-malmsio.html>

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## What is Chronic Fatigue Syndrome?



A health article about chronic fatigue syndrome from [Your Health Online](#) the A to Z directory of dealing with Health Problems & nutritional Self Care Strategies



This ailment, often referred to as CFS, creates huge problems for millions of people. People who are trying to live a normal life but are tired all the time, who have concentration dropouts during the day, who have aches and pains and seem to be often sick and who have food allergies and sensitivity to environmental conditions when they did not have them before.

Everywhere there are people who are looking for an answer to why they "just don't feel right". Beyond that there are people who have become frustrated with working with the medical sources they have access to and are searching for answers in their own way.

There are answers for most people and something that you will find as you work through this page is that you are not alone. The path you are on with your own health has been trodden by many people before you. This means that as you search for your own answers you will find other people who have been there before you and can offer you advice and support and potentially answers for your own situation.

Because this illness is so hard to pin down as it effects different people in different ways I have approached this page in a different manner to other pages on this site.

First I will give you the medical advice that is the general mainstream view of the problem.

Next I will give you my own experience and observations of working with people who have chronic fatigue syndrome and the results they have achieved with nutrition products in turning it around.

Finally I'll attempt to bring deeper information specifically for people with a long term problem who have tried everything and who have not found an answer. When this article was first written I started a chronic fatigue syndrome discussion on line at a site on Amazon Books and some of the feedback coming back from there is very useful and very up to date on where chronic fatigue syndrome research, studies and trials are currently.

Current medical from most main stream organizations about chronic fatigue syndrome advice is that:

- The cause or causes of chronic fatigue syndrome have not been identified and no specific diagnostic tests are available.
- It is normally diagnosed by exclusion which means that when all alternative illnesses have been ruled out the problem must be chronic fatigue syndrome.

- There is no single treatment for chronic fatigue syndrome so treatment is aimed at symptom relief and improved function.
- Research conducted by the Centers for Disease Control and Prevention (CDC) in America indicates that less than 20% of chronic fatigue syndrome patients in America have been diagnosed.

(Below this information is given in more depth with the sources accredited. This is the sort of advice that most people visiting their local doctor are getting so I believe it essential that we start this review of chronic fatigue syndrome here.)

This medical information is clearly saying that there are no answers and no cures BUT in our experience and the experience of hundreds of thousands of people are that there ARE some proven, alternative, self care strategies that DO work for most people, so keep reading, there IS hope!"

Look first at the medical information and then we will review alternate health strategies in more depth.

The following has been drawn directly from material published by the US Government "Centers for Disease Control and Prevention" which is one of the major operating components of the American Department of Health and Human Services.

The Center advises that "CDC and other government information included on the NPIN Website is in the public domain" and as such we have used their information here to give a clear overview of current medical thinking with regard to CFS. The specific link to this information is [www.cdc.gov/cfs/cfsbasicfacts.htm](http://www.cdc.gov/cfs/cfsbasicfacts.htm)

It is clear information to look through. It explains the medical symptoms and can help you get an overall understanding about your own condition and whether you, or the people you care about are likely to be suffering from CFS.

When you look at this be aware that the CDC makes quotes like this one: "Chronic fatigue syndrome (CFS) affects more than one million people in the United States. There are tens of millions of people with similar fatiguing illnesses who do not fully meet the strict research definition of CFS."

## Introduction

Chronic fatigue syndrome, or CFS, is a debilitating and complex disorder characterized by profound fatigue that is not improved by bed rest and that may be worsened by physical or mental activity.

Persons with CFS most often function at a substantially lower level of activity than they were capable of before the onset of illness. In addition to these key defining characteristics, patients report various nonspecific symptoms, including weakness, muscle pain, impaired memory and/or mental concentration, insomnia, and post-exertional fatigue lasting more than 24 hours. In some cases, CFS can persist for years.

The cause or causes of CFS have not been identified and no specific diagnostic tests are available. Moreover, since many illnesses have incapacitating fatigue as a symptom, care must be taken to exclude other known and often treatable



conditions before a diagnosis of CFS is made.

### Definition of chronic fatigue syndrome.

A great deal of debate has surrounded the issue of how best to define CFS. In an effort to resolve these issues, an international panel of CFS research experts convened in 1994 to draft a definition of CFS that would be useful both to researchers studying the illness and to clinicians diagnosing it. In essence, in order to receive a diagnosis of chronic fatigue syndrome, a patient must satisfy two criteria:

1. Have severe chronic fatigue of six months or longer duration with other known medical conditions excluded by clinical diagnosis; and
2. Concurrently have four or more of the following symptoms:
  - substantial impairment in short-term memory or concentration;
  - sore throat;
  - tender lymph nodes;
  - muscle pain;
  - multi-joint pain without swelling or redness;
  - headaches of a new type, pattern or severity;
  - unrefreshing sleep;
  - and post-exertional malaise lasting more than 24 hours.

The symptoms must have persisted or recurred during six or more consecutive months of illness and must not have predated the fatigue.

#### Similar Medical Conditions

A number of illnesses have been described that have a similar spectrum of symptoms to CFS. These include fibromyalgia syndrome, myalgic encephalomyelitis, neurasthenia, multiple chemical sensitivities, and chronic mononucleosis. Although these illnesses may present with a primary symptom other than fatigue, chronic fatigue is commonly associated with all of them.



Other Conditions That May Cause Similar Symptoms In addition, there are a large number of clinically defined, frequently treatable illnesses that can result in fatigue. Diagnosis of any of these conditions would exclude a definition of CFS unless the condition has been treated sufficiently and no longer explains the fatigue and other symptoms.

These include;

- hypothyroidism,
- sleep apnea and narcolepsy,
- major depressive disorders,
- chronic mononucleosis,
- bipolar affective disorders,
- schizophrenia,
- eating disorders,
- cancer,
- autoimmune disease,
- hormonal disorders,

- subacute infections,
- obesity,
- alcohol or substance abuse,
- and reactions to prescribed medications.

## Signs & Symptoms

- CFS is marked by extreme fatigue that has lasted at least six months; is not the result of ongoing effort; is not substantially relieved by rest; and causes a substantial reduction in daily activities.

- In addition to fatigue, CFS includes eight characteristic symptoms:

- o postexertional malaise (relapse of symptoms after physical or mental exertion);
- o unrefreshing sleep;
- o substantial impairment in memory/concentration;
- o muscle pain;
- o pain in multiple joints;
- o headaches of a new type, pattern or severity;
- o sore throat; and
- o tender neck or armpit lymph nodes.

- Symptoms and their consequences can be severe. CFS can be as disabling as multiple sclerosis, lupus, rheumatoid arthritis, congestive heart failure and similar chronic conditions. Symptom severity varies from patient to patient and may vary over time for an individual patient.



In addition to the eight primary defining symptoms of CFS, a number of other symptoms have been reported by some CFS patients. The frequencies of occurrence of these symptoms vary from 20% to 50% among CFS patients.

They include;

- abdominal pain,
- alcohol intolerance,
- bloating, chest pain,
- chronic cough, diarrhea,
- dizziness,
- dry eyes or mouth,
- earaches,
- irregular heartbeat,
- jaw pain,
- morning stiffness,
- nausea,
- night sweats,
- psychological problems (depression, irritability, anxiety, panic attacks),
- shortness of breath,
- skin sensations,
- tingling sensations,
- and weight loss.

### Prevalence of chronic fatigue syndrome

Chronic fatigue syndrome (CFS) affects more than one million people in the United

States. There are tens of millions of people with similar fatiguing illnesses who do not fully meet the strict research definition of CFS.

### Possible Causes of chronic fatigue syndrome?

- Despite an intensive, nearly 20-year search, the cause of CFS remains unknown. Many different infectious agents and physiologic and psychological causes have been considered, and the search continues.
- Much of the ongoing research into a cause has centered on the roles of the immune, endocrine and nervous systems may play in CFS. More recently, interactions among these factors are under evaluation.
- Genetic and environmental factors may play a role in developing and/or prolonging the illness, although more research is needed to confirm this. CDC is applying cutting-edge genomic and proteomic tools to understand the origins and pathogenesis of CFS.
- CFS is not caused by depression, although the two illnesses often coexist, and many patients with CFS have no psychiatric disorder.

### Risk Factors:

- People of every age, gender, ethnicity and socioeconomic group can have CFS.
- CFS affects women at four times the rate of men.
- Research indicates that CFS is most common in people in their 40s and 50s.
- Although CFS is much less common in children than in adults, children can develop the illness, particularly during the teen years.

### Diagnosis of chronic fatigue syndrome:

- There are no physical signs that identify CFS
- There are no diagnostic laboratory tests for CFS.
- People who suffer the symptoms of CFS must be carefully evaluated by a physician because many treatable medical and psychiatric conditions are hard to distinguish from CFS. Common conditions that should be ruled out through a careful medical history and appropriate testing include mononucleosis, Lyme disease, thyroid conditions, diabetes, multiple sclerosis, various cancers, depression and bipolar disorder.
- Research conducted by the Centers for Disease Control and Prevention (CDC) indicates that less than 20% of CFS patients in this country have been diagnosed.

### Treatment/Therapy:

- Since there is no known cure for CFS, treatment is aimed at symptom relief and improved function. A combination of drug and nondrug therapies is usually recommended.
- No single therapy exists that helps all CFS patients.
- Lifestyle changes, including prevention of overexertion, reduced stress, dietary restrictions, gentle stretching and nutritional supplementation, are frequently recommended in addition to drug therapies used



to treat sleep, pain and other specific symptoms.

- Carefully supervised physical therapy may also be part of treatment for CFS. However, symptoms can be exacerbated by overly ambitious physical activity. A very moderate approach to exercise and activity management is recommended to avoid overactivity and to prevent deconditioning.
- Although health care professionals may hesitate to give patients a diagnosis of CFS for various reasons, it's important to receive an appropriate and accurate diagnosis to guide treatment and further evaluation.
- Delays in diagnosis and treatment are thought to be associated with poorer long-term outcomes. For example, CDC's research has shown that those who have CFS for two years or less were more likely to improve. It's not known if early intervention is responsible for this more favorable outcome; however, the longer a person is ill before diagnosis, the more complicated the course of the illness appears to be.

### Recovery from chronic fatigue syndrome

- CFS affects each individual differently. Some people with CFS remain homebound and others improve to the point that they can resume work and other activities, even though they continue to experience symptoms.
- Recovery rates for CFS are unclear. Improvement rates varied from 8% to 63% in a 2005 review of published studies, with a median of 40% of patients improving during follow-up. However, full recovery from CFS may be rare, with an average of only 5% to 10% sustaining total remission.

## **Alternative Medical Opinions:**

Obviously with such a huge problem as we are seeing with chronic fatigue syndrome there will be a range of opinions and *someone* out there doing serious research into this illness. Keep an eye on this age and we will update information as it comes to hand on the research and the treatment alternatives that are proving successful for various people.

One of the leading sites to see where current "cutting edge" thinking and research is going is at [cfids.org](http://cfids.org).

The ABOUT US information from their website summarizes the organizations activities in this way; " *The CFIDS Association of America is the largest and most active charitable organization dedicated to conquering chronic fatigue syndrome (CFS), which is also known as chronic fatigue and immune dysfunction syndrome (CFIDS). Since this organization was founded in 1987, the Association has invested more than \$25 million in initiatives to bring an end to the pain, disability and suffering caused by CFS.*"

## **Self Care strategies for Living with chronic fatigue syndrome**

### **Diet change strategies:**

Now you have an outline of current medical advice on Chronic Fatigue Syndrome we are going to look at it from a totally different perspective. Actually we will look at it from a number of different perspectives.

First I would like to review my own experience and the use of nutritional supplementation as a way to try and turn around the problem. This is not the definitive answer. Since the conditions that lead to chronic fatigue syndrome vary so greatly there are many different ways to approach the problem and different people find different things work for them.

*(The material below is based on the personal experience of Warren Tattersall who has 15 years of experience of working with nutrition supplementation with the Herbalife company. It is not presented as a medical opinion and is anecdotal in nature.)*

It appears from medical advice that there is nothing which can be done to alleviate the condition but this has not been my experience all.

I have worked with well over 50 people with chronic fatigue syndrome symptoms (some diagnosed, many just suffering in silence). Where people have begun on a broad nutrition program and continued with it for long enough to let it work we have seen, in almost every case, a dramatic improvement in their condition. This "long enough time" can be a matter of weeks for some people and be as long as 90 to 120 days for people with chemical contamination issues or long term viral problems)

In many cases, including my own personal case, the symptoms of the chronic fatigue syndrome have alleviated to the point where there are now no apparent symptoms at all.

To clarify what we are talking about here I am going to use many of the topic headings we used above as a template to relate what I have found through my own experience and give anecdotal information about other people's experiences so that you can assess if the nutritional solutions may be an answer for you with your own problems.

### **What is chronic fatigue syndrome?**

The fatigue and tiredness associated with chronic fatigue syndrome was for many years put down to *malinger*ing and *laziness*. Popular press talked about "Yuppie Flu".

This was because people with the complaint were not able to function at normal activity levels that our work and daily lives require. It looked as though the sufferers just didn't want to be involved with things.

Since there was, and still is, no definitive medical test that will confirm the presence of chronic fatigue syndrome it sometimes appeared that the individual had a lack of motivation rather than a true sickness.



Employers and family often became impatient with the sufferer as they couldn't understand what the problem really was.

It also appears to be much more prevalent in modern times than it has been historically so it took some time for the medical profession to pick up on an illness that they had difficulty diagnosing and they had no treatment for.

There are few blood tests being developed that seem to indicate the condition may be present but they are not generally accepted as definitive enough for most medical practitioners to accept them.

Even if the condition of chronic fatigue syndrome is shown to be present medical practitioners tell us that there is nothing that can be done in a medical sense to "fix", or cure, the problem and they try instead to just relieve the symptoms of the condition.

I will show you here that with nutritional supplementation you can be *much* more proactive than this.

Chronic fatigue syndrome is a difficult thing to define as all the information has shown.

The medical symptoms are shown above and are very comprehensive but here I want to talk about this on a much more personal level. People want to know what is happening in their own lives and what their own problems are caused by.

What I usually find when talking with people is that there seem to be several histories that are common to people with chronic fatigue syndrome.

## Causes

### CAUSES 1, *Stress plus antibiotics*

This means that the sufferer will have had a time of increased stress and that during this time they will often have had an "incident" that involved the use of antibiotics.

What I do nowadays when talking with people who have chronic fatigue syndrome, or who have all the symptoms of chronic fatigue syndrome, is to ask them *when and why they took antibiotics*.

They often look confused and I ask them to think back to about 6 months before the symptoms became really obvious and then they can usually tell me what it was that caused them to use antibiotics.

Some people initially don't recall using antibiotics but then a few minutes later will say, "Oh yes, I forgot that ..... and I used antibiotics then."

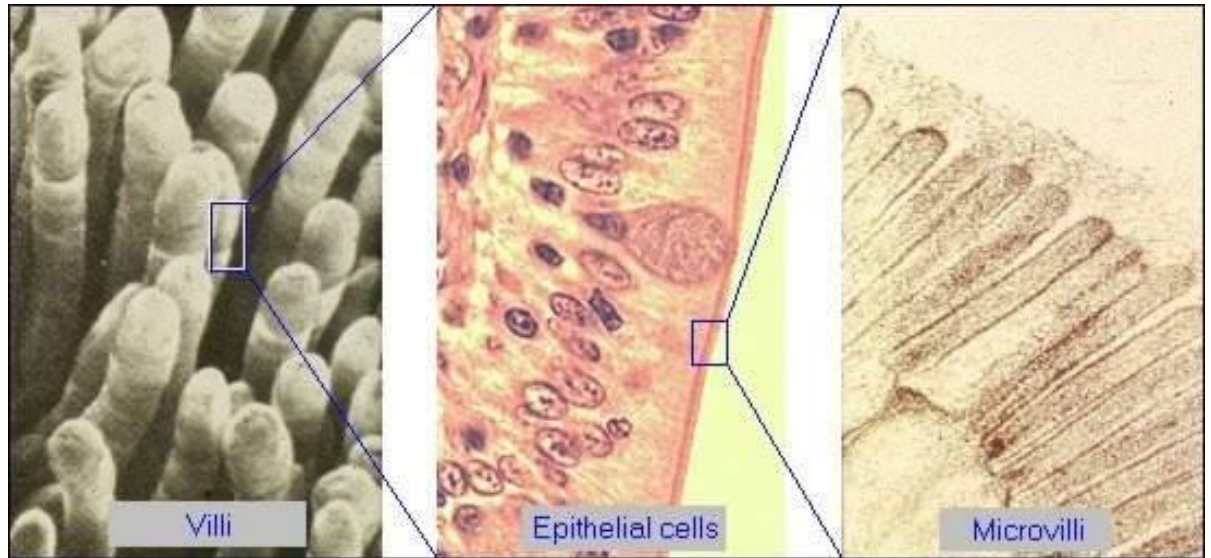
Now antibiotics in themselves are lifesavers and for many of our health problems require the use of antibiotics. If you have infection, have an operation, have an accident with broken bones and other problems then you may have no choice but to use the antibiotics.

One of the side effects of the use of these drugs is that they damage our digestive systems. A little side lesson.: When we eat our food we chew it to break it down.

Saliva from the mouth gives enzymes to start breaking down the food. From there it goes to our stomach and the acids break it down to a soup like consistency.

This passes through our small intestine, large intestine and the waste goes out to the toilet.

The majority of the nutrition we absorb is through the small intestine.



We have hair like protrusions on the walls of our small intestine called villi and on them micro villi that draw the nutrients out of the food we eat and pass it through the walls of the small intestine and it is absorbed into our blood if they are water soluble or small fat fragments and/or to the lymph glands if they are fat soluble. From there the nutrition is delivered to our cells.

To understand this in more depth we have a great little article that is very enlightening called [Nutrition for your cells](#). that I recommend you read.

The key to this is the Villi. If they become stressed and damaged (see the article) they become "energetically impaired". They are broken off , coated with mucus from the digestive system and fats from our food and so we cannot absorb the nutrients.

My personal belief is that when people have pre-existing health issues and additional high stress this will often be the trigger to the condition we call chronic fatigue syndrome.

When people have a health problem they use antibiotics for and they seem to get better but the spark is not in the eye and spring is not in the step.

After some time, often 6 months or so, they start to find they are weary all the

time, they wake up tired, they have aches and pains.

Food allergies often appear.

Pre-existing issues like asthma, blood disorders, weight control get worse.

They have energy of concentration drop outs in the middle of the day.

Often they find it hard to perform at the mental and physical levels they had previously enjoyed.

Now we are talking about the onset of Chronic Fatigue Syndrome.

In my experience it appears that with this problem there is nearly always the pre-existing problems discussed above, often poor sleep patterns, often poor diet or irregular eating times, normally high stress and when a crisis comes and especially when that crisis leads to use of antibiotics then the conditions exist that often precede a case of chronic fatigue syndrome.



Below is a list of symptoms often presented by those who have recently become aware that CFS may be their problem.

You know there is a potential problem when things start to go beyond that "Just run down" point:

- When you have a full nights sleep but still wake up tired,
- When you have energy/concentration drop-outs in the middle of the day.
- When you start having food allergies that had not been a problem or not apparent before.
- When you start reacting to environmental conditions that had not affected you before. This may be hay fever, asthma or just sensitivity to pollution or sprays or even skin care products.
- When your immune system starts to drop away it seems fairly common for people who previously did not get colds and flues to find that when anyone around them sneezes they pick up the bug from it.

I was talking to a lady one day who I think summarized the onset of chronic fatigue syndrome extremely well.

She said that she has always done her weekly shopping and then come home, put it all away and then sat and made herself a cup of tea.

Now she was finding that she would do the shopping and then come home and she needed to make that cup of tea when she first came home and to rest so that she had the energy to put away the shopping!



This sense of something being wrong and knowing that it is getting worse is a terrible feeling.

To then have medical checkups and to be told there is nothing wrong and just to take things a bit easier actually sharpens the fear that there is something fundamentally wrong.

If you relate to this then I suggest you do actually have a problem. We will talk about what you can do about it in a moment.

## 2. Viral infection.

There appears to be a fairly clear link between viral infections like glandular fever (Epstein-Barr virus), regional encephalitis outbreaks, in Australia we have Ross River virus which is normally transmitted by mosquito bite and many areas of the world have local viruses that people succumb to, appear to get better and then slip over time into chronic fatigue syndrome. Even a bad case of influenza can be in the background of a case of chronic fatigue syndrome.



This is not uncommon with people who have traveled and when traveling have had a viral infection they have recovered from but still there is something lacking in their health. It is too subtle to be clearly defined but there is a sense of something just not being fully back to normal and the health challenges that gradually become the symptoms of chronic fatigue syndrome may not show up for 6 or 8 months or even a couple of years later.

Because of this time lapse people often do not realize that the two conditions are linked.

I have found that the time it takes to start to see results with nutrition products and these problems seem to vary hugely. Some people will see initial improvement within a few days or a week while others will find that it takes 30 days before they really start seeing their symptoms show improvements.

## 1. Chemical contamination.

I live in a country area and out in the bush where the air is meant to be clean and life more simple. My experience is that there can be a higher incidence of chronic fatigue syndrome here than in city areas.

In particular where a community lives in an area surrounded by hills and mountains, where the farm chemicals are held in the valley, there seems to be at a higher risk of suffering with chronic fatigue syndrome.

Industrial chemicals appear to be another causative factor. Quite often we see people who have been "less



that careful" with industrial chemicals in their youth who then have immune system and wellness issues in later life?



It is interesting that the statistics show that around 75% of people with chronic fatigue syndrome are women, The incidence of people who appear to have a history of chemical contamination preceding the condition tend to be male more often than 1 in 4.

Another area where the chemical contamination may have been introduced is in the home setting, maybe household chemical, pesticides or fumigation.

This chemical contamination can also come from the abuse of recreational drugs. Intravenous drug users who have broken free from the drug habit appear to be a high risk group for suffering with chronic fatigue syndrome. This particular group needs special care and attention if they are going to use nutritional supplementation to help assist with the problem and we will discuss that below.

If someone is suffering from chronic fatigue syndrome that has come from chemical contamination it can be a very bad thing.

As their immune system shows damage and their general health deteriorates there are a whole range of health issues may present themselves.

Immune system problems are common.

Food intolerances are very common: celiac disease, wheat and dairy intolerances, yeast intolerances, thrush, urinary tract infections, and many other sorts of infections are common.

I have know people who have been so reactive that they cannot be in a room where any chemical is sprayed, cannot have skin contact with plastic and cannot tolerate yeast that is airborne in a kitchen.

In one case the lady was living in the country side as she could not tolerate pollution and her diet was down to 4 different vegetables that needed to be steamed for her and the only drink she could tolerate was filtered water.



The good new is that the last time I met that lady she was sitting in a restaurant with me eating pizza. There ARE answers for people who are even this bad but the road to recovery is a rocky road and is going to take some perseverance.

Living with the problem is not acceptable but you will have to understand that it was a long road to becoming so sick and it not going to clear up over night.

In such cases it will probably be 30 days before there are clear signs that things are improving and it may be up to 90 days before it is clear that recovery is

happening.

In my experience it will happen but it is going to take time and patience.

### Prevention:

The way to avoid these issues is to keep your immune system strong and your metabolic rate healthy.

If you have a strong immune system when health problems or a health crisis occurs then you are likely to be able to handle it.

If your health is low, your immune system under stress, your overall well

If you think there is a chance that you are on this road I suggest that you check out nutrition programs like [ShapeWorks QuickStart](#) or the [ShapeWorks Advanced Program](#) and get onto one for at least an initial month to clean and balance out your system.

These programs are targeted for use with weight control, to lose or to gain weight. If you are interested in those things then you can "kill two birds with one stone" and achieve both outcomes at the same time.

We will discuss nutrition supplementation below.

### Treatment/Therapy:

Coming out of chronic fatigue syndrome can sometimes be deceptively simple and can sometimes be a difficult process.

What I can tell you after working with a lot of people is that through using nutritional products virtually everyone I've dealt with has had a measurable improvement and most are able to bring themselves back to normal activity.

#### Energetically impaired Villi

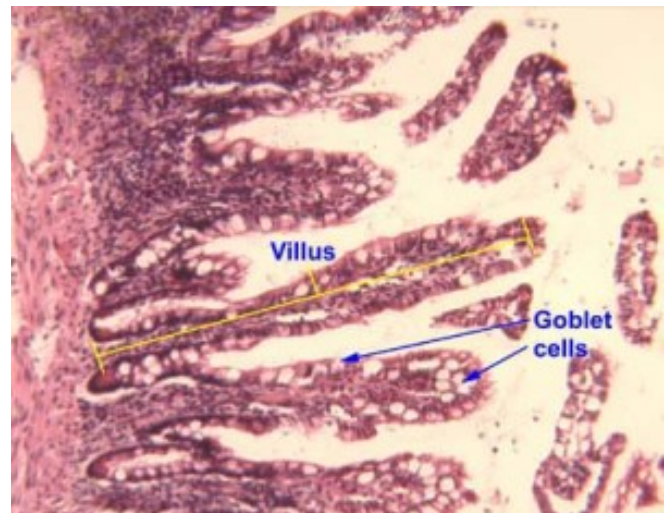
If you have not yet read our article [Nutrition for your cells](#) then it is time to go and read it now and then come back to this page.

Medical advice I have been given is that the villi cannot be healed easily.

I am told that you need to find a supportive environment and have six to twelve months of rest, with full nights of regular sleep and nutritious meals eaten at regular times.

This time needs to be stress free.

I don't know about you but I don't know of such an environment. I live in country town and have friends who live on beautiful country properties and I can promise



you that it is definitely not stress free out on the farm.

Cities are busy, life is busy. I don't know where you will find a stress free environment.

The quickest way I know to heal energetically impaired villi is with the use of properly balanced nutrition products.

We will talk more about this but it seems a good time to give an anecdotal story of health results and I'll stop here and tell my own story

***I had a problem with my own health that had plagued me for all of my life.***

***My elder and younger brother had high energy levels and I had low energy. I didn't understand why, and I still cannot explain it, but it had been with me all my life and I lived with it.***

***As a schoolboy I had unexplained energy drop periods where I would just go to bed and sleep for 24 hours. Blood tests showed a drop in the red blood cells in that period but no-one could tell me anything about it.***

***When I was going out with the girl who became my wife there was an occasion that I fell asleep in a restaurant. This is an embarrassing thing but when there are only the 2 of you there it is something that keeps being recalled in conversation for 20 years!!***

***In my 30's I went to my General Practitioner. I am 6 ft 2 in (187 cm) and he is much shorter than I am. He did all the blood tests and then patiently explained to me that I was tall and he was short. He did not like being short but there was nothing he could do about it. He said that he had high energy and I had low energy and that was just the way it was. Live with it!!***

***When I started to use a full nutrition program it was just to see what it did and because it may have given a benefit for my martial arts.***

***4 or 5 days later I remember standing at my cupboard getting out a shirt and just freezing up. I realized that I could not remember getting out of bed! I had never in my life just woken up and got out of bed. Every day I came slowly to consciousness and then fought myself to get moving. This day I just woke up rested and alert. It was one of those moments that you remember for ever.***

***Since then I can stay up late, work half the night, do pretty much anything and I will still wake at the same time and am able to bounce out of bed at 7am. This has lasted for nearly 15 years now and all my blood profiles are a lot better than they were 20 years ago.***

***Obviously that means I have an emotional attachment to nutrition products that can do this.***

The key seems to be to repair the villi and when your digestive system is working healthily then your body will heal.

Have you had the experience of having an indoor plant that you have forgotten to water and it is all drooping with the leaves just hanging down? You water it and 10 minutes later it is all standing up, looking healthy and happy again.

I have seen people who have just done that, many, many of them. Instead of 10

minutes the process takes 3 to 10 days in many cases but the effect is as dramatic.

I am walking testimony to say that the villi can start to be rebuilt and that positive health outcomes can start to appear in less than a week, provided the problem is not chemical contamination.

## Self Care strategies for Living with chronic fatigue syndrome

Use of **Herbalife** products for people with chronic fatigue syndrome.

Mild, or at on-set chronic of, fatigue syndrome symptoms

For many people with mild chronic fatigue syndrome the road to recovery can be a fairly simple one.

I'll move forward for now on the assumption that energetically impaired villi is at the heart of the problem. We know that the resultant lack of nutrition getting to the body on a cellular level has a direct effect on an individual's health. If the villi is restored to reasonable condition then this will very often lead to quite significant turn around in the condition.

The Herbalife nutrition programs all have core nutrition factors that will address the villi damage and with that can turn around the nutritional; problem.

The fundamental building block for this is the [Formula 1 Nutritional Shake Mix](#). It is an amino protein powder that has the essential amino acids that the body needs every day. They cannot be created within the body and need to be supplied through the food we eat.

ENJOY!



Getting the full range of amino acids in the right balance is critical to turning this problem around.

The second batch of products that are packed in the Herbalife programs and that are critical to the initial healing is the vitamin and mineral supplementation that accompanies the Formula 1.

The packaging of these vitamin and mineral tablets varies from country to country as Herbalife always creates products that fit into the health guidelines in each country. In some countries a single vitamin and mineral tablet with botanical factors carries everything required. In India there is a Multivitamin, Mineral and Herb supplement. In Australia there is formula 2 which is a Vitamin B6 complex in a herbal base and also formula 3 (vitamin & mineral) that work together. In USA these products are packaged as Formula 2 Multivitamin complex and Cell activator.

*Whatever country you are in and however the base nutrition products have the same combination of ingredients, are used the same way, and achieve the same outcomes.*

Whatever program you chose will have the core nutrition in it.

Check the [ShapeWorks QuickStart](#) and the [ShapeWorks Advanced Program](#).

We would expect to see a change of energy levels within 3 days of commencement for normal healthy people though with chronic fatigue syndrome this could take up to 7 days (assuming the problem does not have a base in chemical contamination.)

### Established chronic fatigue syndrome

For people with established chronic fatigue syndrome, who are showing many of the symptoms listed in the medical sections earlier stated, but who are still able to function with a basically normal life then there may be some issues with introducing anything different into the diet. This means a slightly cautious approach is recommended.

We are talking here about people who have had the condition for some time and the longer term effects of lowered immune system and lowered metabolic rate are becoming apparent.

In these case there are likely to be food intolerances. Using the Herbalife products will not cause any harm but with a low immune system and fragile metabolisms then "change of diet" is always something to approach carefully.

There will also be a clear fatigue problem. This will turn around but a steady program that will allow the body to heal itself over time is the most secure path to follow.

It is wise to begin with a [Formula 1 Nutritional Shake Mix](#) shake and a set of tablets just once a day for a couple of days.

This will begin the detoxification process to let the body start to cleanse itself and also allow the system to adjust to the nutrition that is being added into the diet.

After a day or two, if there are no problems, then the shake can be taken a couple of times a day and the tablets can be taken 3 times which is the normal recommended use of the products.

If there is any sign of the body reacting to the nutrition products then look through the section below on "What to expect when you get started:."

### Severe chronic fatigue syndrome symptoms

When people have more advanced severe chronic fatigue syndrome symptoms then there are likely to be food allergies that have led to lactose (milk) intolerance, Celiac Disease and similar conditions (Wheat and gluten intolerance).

The food allergies are part and parcel of the condition and they do not present a major problem but you need to pay attention and show some common sense.



If there is any chance that the condition has roots in chemical contamination or drug use or if it is just a fully developed case of chronic fatigue syndrome then the sufferer already knows that they have serious problems and that these are not going to sort themselves out over night.

In extreme cases it is best to use a couple of specialty products for the first few days or week to begin a gentle detoxification process.

The first of these products is [Aloe Vera Juice](#).

Aloe heals where it touches. If you cut or graze your hand and there is an aloe vera plant near by you can cut the succulent leaf and rub the internal gel on the wound and the discomfort will reduce quickly and the rate of healing will usually be dramatically faster than without the use of the aloe.

Internally it is a little more difficult to apply aloe so you need to use a high quality [Aloe Vera Juice](#).

A quality product will be clear to look at and pleasant smelling. If you find an aloe juice that is a cloudy solution that smells and tastes poorly then you will have an extract of the full juice. This is very good for cleansing the lower bowel and is a much cheaper product but it will not deliver the same cleansing and healing properties as a juice that is extracted from just the heart of the plant.

It also cleans through your system. It has been likened to giving your body a shower on the inside. This is a good foundation to preparing the body for recover from chronic fatigue syndrome though it will not by itself generate the core healing that is required by itself.

The Aloe will also cause a very gentle detoxification to begin in the body. With chemicals and drugs this will gently leach them into the blood stream where they can be flushed out of your system.

In addition to the [Aloe Vera Juice](#) another product that will help to balance the irritable bowel problem is acidophilus.

One product that works well and does not need refrigeration in normal conditions is Herbalife's [Florafiber](#).

These two products together will promote healing through the entire digestive tract and will, in many cases, assist in bringing irritable bowel syndrome back under control and aid in preventing "flare ups".

One note, the [Florafiber](#) tablets absorb water from the bowel so if you have loose bowel problems taking one or two tablets with only a small water will help reduce the fluid in the gut.

If you have constipation problems then [Florafiber](#) is a gentle fiber that will give the added roughage you need in your diet.

Taking one or two tables with two large glasses of water for each will dramatically increase the fiber and fluid in your system and help alleviate a constipation problem (though you may wish to stay near a toilet for half an hour after taking two

[Florafiber](#) with a large amount of water.)

Once you have a basic cleansing and healing process happening then you should look at adding in some nutrition products to heal your whole system.

For some people a couple of days will be enough to get things moving but if you think there a high chance of chemicals or drugs being involved then using the [Aloe Vera Juice](#) and [Florafiber](#) for 5 days or even a week prior to adding the nutritional products to your diet is a good idea.

The problem has taken a long time to establish and it will continue to do immense harm to your system if you do not deal with it so taking enough time to work conservatively with the healing and get it right is a very advisable.

### **What to expect when you get started:**

**Here we are looking at what to expect when you change your diet and when you introduce high quality nutrition products into the diet of someone suffering chronic fatigue syndrome.**

When someone starts on nutrition program like the [ShapeWorks QuickStart](#) and/or the [ShapeWorks Advanced Program](#) they have the basic building blocks for good health. They should not be thinking in terms of medications. They should be thinking in terms of giving their body what it needs to heal itself.

In the first few days your body will work to rebuild the villi so that nutrition can be absorbed. As soon as this happens then your body will start to repair itself.

An interesting, though slightly unsavory, sign of how things are going it to watch your urine once you are on a nutrition program.

When you put the vitamins and minerals into the diet then many of them will pass straight through your system and into the toilet. It almost seems that you can "cut out the middle man and just throw your tablets straight into the toilet!!" I constantly meet people who have been on nutrition supplements for extended times, sometimes years, and they are still seeing this highly coloured urine. This means that their body is passing the vitamins and especially the minerals rather than absorbing them.

With the Herbalife nutrition programs I expect people to see this high colour urine for a couple of days, or even up to a week, but as the villi rebuilds and the body starts to absorb these mineral the colour reduces. This means your body is absorbing what it needs to rebuild from the cells up so you can be well and healthy again.

People with Chemical contamination, or past drug issues, have deep problems. Part



of dealing with the health challenge is to detoxify the toxins out of their system. In that detox process they will often trigger complications from the chemicals that are being released into their bloodstream. This can cause health problems that they thought they had got under control to appear to reoccur. There is a process for working through this that needs to be followed.

As the contaminants in your system leech out into your blood stream in the process of eliminating it from your body then the load of toxins in your system will be higher than normal.

During this time it is important that you drink lots of clean water. A minimum of 3 liters (2 quarts) – 8 to 10 large glasses a day – is recommended.

If you are not drinking the water then you can have symptoms like dull headaches, muscle stiffness, clouded thinking, just generally not feeling very well.

These are good signs as it means that things are happening but you do not need to put up with them.

For more information on these issues there is more information in our article [symptoms to expect when you change your diet](#). I recommend you read this for more detailed information.

Dealing with chemical contamination can be tough and can, in some cases, take 60 to 90 days before the benefits are apparent but not dealing with it leaves you open to continuing problems, maybe immune system collapse and if the gamut of scientific studies that are currently being run are any indication then the contamination may be linked to incidences of cancer. Doing something about the problem is now critical.

### Handling recovering

After having a health problem for so long there is a mental aspect to this that needs to be addressed.

When you are not well with chronic fatigue syndrome, you often have good days when you can almost feel normal and bad days when the world is almost too much to bear.

When you begin to recover this cycling of good and bad days does not stop.

I often see people who have been sick and had no answers for the longest time who get on a nutrition program and then one day wake up feeling fantastic.

They have energy, they do not have pain, they have actually slept and are now refreshed. It can feel almost miraculous. Actually it is miraculous but it is the miracle of the body healing and itself functioning the way it is designed to function.

While this seems really good there is a danger here.

There is a huge temptation to do things, to clean house, to





do the jobs that have been waiting till you have the energy, to just get out and do things with friends and family.

That is great but often people over do it.

Next day they wake up feeling they were back where they were. The spark of energy is not there, they did too much the day before, they are tired, often they have muscle pain, it can seem that they are worse than they were before.

It feels like you have been given a present and then had it snatched away.

If you are not prepared for this you can lose heart and it can even trigger a day of depression.

You need to understand this up front.

You have been having good days and bad days.

You will keep having good days and bad days.

When you get a great day then give thanks to God and treat yourself with care and respect.

Allow the process to take its course.

What I can tell you is that when this begins to work with you then there will be more good days. There will still be bad days but, over time, you will find that the good days get better and the bad days not as bad. The time comes when the bad days are still better than the good days used to be.

It took a long time to get to the bottom of your health problems and recovery is not going to happen over night.

Be patient.

It is a really good idea to *Take a snapshot* of where you are now.

What I mean is to write down everything that is wrong with you; the food allergies, the bowel problems, the split hair and nails that shatter, your skin condition, your concentration issues, the colds and flu you catch, the yeast and infections, the hormonal issues.

Then, when you have a day that you think you are slipping back to where you were you can pull out this list and look through it and you will be amazed and encouraged by just how far you have come and how well things really are going.

### Next Step

**If you think that the things we have been talking about here describe your situation then get back to the person who referred you to this site (or if you surfed in here then use the contact form below) and talk about it. We will be happy to give you in depth information and personally support you in how to use our nutrition products in a way that will keep the detox as gentle as possible, help you rebuild your villi to give effective digestion**

**and to rebuild your immune system and get back on the path to living a normal life.**

It is best to do this with personal contact because the person on our team you are talking with have probably had direct contact with other people who have had similar issues.

Their role is to be your personal coach and to guide you through this process as you turn your health around.

We wish you every success as you investigate and find solutions to your problems.

What is Chronic Fatigue Syndrome? Newsstory

**Below here are examples of Health Success Results other people have had with using a self care strategy for dealing with chronic fatigue syndrome:**

**If you are interested in this product and want to check pricing and availability in your country then please click back to the home page of the person who referred you here.**

If you surfed in off the web then please fill in the information request on the [Contact Us](#) form and we will assist you with your products.

## Share **\*YOUR\*** remedy & health success story!

We are on a world-wide mission to source and tell our readers about as many as possible of the natural remedies & self care strategies available, so please help us to grow and improve our health information on this subject.

If you have a proven home remedy or natural treatment or have a great Health Success story, we would love to share it with our readers.

And as a special "Thank You" for your contribution, we will give you our special edition "Health Success Report"!

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## See below here what stories & resources have been contributed on this subject:

Click below to see contributions from other visitors to this page...

### [Chronic Fatigue Syndrome \(viral triggered\) fixed with nutrition](#)

When I was 17 years old I developed a bad case of Glandular Fever that took many weeks to fully recover from. I remained anaemic, and lost the natural ...

[CFS nutritional solutions](#) I had a problem with my own health that had plagued me for all of my life.

My elder and younger brother had high energy levels and I had low energy....

[Chronic Fatigue Syndrome](#) I had been suffering from Chronic Fatigue Syndrome, candida, allergies, migraine headaches, PMT and a myriad of other health problems over a period of ...

### [Chronic Fatigue Syndrome Relief from Nutrition Supplements](#)

I had been suffering from Chronic Fatigue Syndrome, candida, allergies, migraine headaches, PMT and a myriad of other health problems over a period of many years.

Life was a constant struggle. I would need to be woken in the morning (never a pretty sight) and then would begin the battle of mind and body. One determining to arise, the other refusing to oblige. This could often go on for several hours before my body could or would roll out of bed.

### [CFS Superfood nutritional supplement](#)

Energy can be defined as vigour or power in action and vitality and intensity of expression. There is physical, intellectual and emotional energy. In today's society, fatigue or the absence of energy, can be divided into chronic (meaning a prolonged condition) or acute (meaning a temporary lacking of energy).

Chronic Fatigue Symptom (CFS) was first recognised in the mid 1980's as a specific disorder and has been found to affect approximately 30% of women and 20% of men. Although Western Medicine has attempted to solve the problem of CFS with drugs, CFS has not responded to drug treatment. In treating CFS, one has to be aware of the mind/body connection.

*(To read the rest of this article click on the Title above here.)*

## **Chronic Fatigue Syndrome - Clinical Nutrition - Doctor**

**Symptoms of Chronic Fatigue / ME & Fibromyalgia Doctor Explained**

### Chronic Fatigue Syndrome: Helping to set the record straight.

If you are interested in this product and want to check pricing and availability in your country then please click back to the home page of the person who referred you here.

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## Can't cope with Chronic Fatigue Syndrome? ... You Can Eat Yourself Healthy Again!



**Helene Malmsio**  
– nutritional  
consultant  
since 1994

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Health Report

**FACT!** Did you know that Chronic Fatigue Syndrome can be as disabling as Multiple Sclerosis, Lupus, Rheumatoid Arthritis, congestive Heart failure and similar chronic conditions?

### CFS IS MISUNDERSTOOD - ARE YOU?

Friends and family don't understand chronic fatigue syndrome but we do. We can help you to beat CFS and give you your life back.

Since there still is no definitive medical test that will confirm the presence of chronic fatigue syndrome, it sometimes appears to others that people with CFS just have a lack of motivation rather than a true sickness. Employers and family often become impatient with the sufferer as they can't relate to or SEE what the problem really is.

But as you would already know... being alone with this sense that "something is wrong" and knowing that it is getting worse is a terrible feeling! And to then have medical checkups, only to be told there is nothing wrong and to "just take things a bit easier" actually sharpens the fear that there is something fundamentally very wrong with your body.

### Do you experience any of these effects of Chronic Fatigue Syndrome?

- you have a full nights sleep but still wake up tired
- you have concentration or energy drop-outs in the middle of the day
- you start having food allergies that had not been a problem before
- you start reacting to environmental conditions that had not affected you before. This may be hay fever, asthma or just sensitivity to pollution or household cleaners or even skin care products
- your immune system starts to drop away. It seems fairly common for people who previously did not catch colds and flu's to find that when anyone around them sneezes, they pick up the virus



### What are some common causes of Chronic Fatigue Syndrome?

What we find normally when talking with people is that there seems to be several histories that are common to people with chronic fatigue syndrome.

That means that the sufferer will have had a high stress time and during that time they will have had an "incident" that involved the use of antibiotics.

Separately, but still falling into the same stress/incident category, are people who have had a viral infection that appeared to clear up but that they never felt they recovered from. Most often they had at least one course of antibiotic medications prescribed for them to deal with the viral infections.

They then slipped into a downhill path that has left them with all the conditions of chronic fatigue syndrome.

Finally there is a group who has had chemical contamination and this is the group that is most difficult to pull back from the edge of immune system collapse.

With all of these cases there are answers but we will look at them in much more depth below so that you can assess if these things are relevant to you in your own unique condition.

At the extreme end of this cycle, are the people who have “fallen over the edge” and their immune system has almost totally collapsed.

### Here is my own CFS story

*“When I was 17 years old I developed a bad case of Glandular Fever that took many weeks of anti-biotic treatments. After I 'recovered' I remained anaemic, and lost the natural energy I used to have up til then. I caught every cold and flu going around every winter, and constantly felt run-down and lethargic.*

*By the age of 28 - 29 in the late 1980's I was a walking wreck... a fully paid-up member of the misunderstood "Yuppie Disease" Club .... too tired to even do any of the 'fun things' anymore. Doctors had no idea what to suggest, other than to "get some rest.*

*I still remember when during my 90 minute drive to work every day, I would often wake up at different stages of the drive, wondering ... HOW I had driven to that point...!?!  
That happened behind the wheel of my car nearly every morning.*



*Every day I would drag myself awake, feeling like I had the worst flu possible, multiplied by x 10... And at one stage I wasn't even able to get out of bed for over 12 long and very expensive months. Later I tried painful and expensive treatments prescribed by Medical Specialists, without any improvement.*

*Then when I started using these natural and pure nutrition products in '94 things started happening quickly. I had all sorts of reactions as I cleaned out toxins from my system, but before long I found I could get myself out of bed in the morning with a clear head and ENTHUSIASM for the day ahead.*

*My friends started telling me that there was a sparkle in my eyes and a bounce in my step they had never seen before. I could laugh again and I could work again and there was hope in my life for the first time in a very, very long time.*

*In the following 14 years since that momentous decision to **"just try ONE more thing.... don't give up just yet"** I can tell you that I have developed a reputation for being a notorious workaholic with ridiculous levels of stamina.*

*My friends will testify to my incredible endurance nowadays and the sheer JOY I have in my life.*

*I believe that \*YOU\* deserve to experience the same amount of energy and joy in your life too!"*

### HAS YOUR DOCTOR LET YOU DOWN?

They just don't understand chronic fatigue syndrome and have no 'medicine' to fight it. But our proven system of supplements is GUARANTEED to work! Try this and get your life back!

**Even if doctors have told you there is no 'treatment' for Chronic Fatigue Syndrome, other than to 'just slow down and take it easier', we will show you that there are natural self care alternatives with chronic fatigue herb and nutrition supplements that \*CAN\* have a dramatic impact on the problem.**

**Finally! A Dynamic Energy Pack Guaranteed to get you results...  
*Feel the difference, or get your money back!***

Coming out of chronic fatigue syndrome can sometimes be deceptively simple but in other cases can be a difficult process. Your case will be unique too.

But if you can manage to drink a couple of truly delicious smoothie shakes and swallow a couple of herbal vitamin supplement tabs every day, then you will agree that this is the simplest, tastiest, pain free health solution you have tried in a very, very long time!

What we can tell you after working with a lot of people is that through using nutritional products virtually **everyone we have dealt with has had a measurable improvement and most are able to bring themselves back to normal activity** – or even better than ever before in their lives.

**So, WHY do our chronic fatigue Herb Nutrition Supplements work so well?**

The range of nutrition supplements that we use are designed to do three very specific things for your system.

1. Detoxify the body.
2. Rebuild the body's ability to fully absorb nutrition again
3. Give the body the pure nutrition it needs and can use at a cellular level, so that it is properly supported to heal itself naturally, as your body is designed to do.

**The quickest way we know to heal energetically impaired villi is with the use of these properly balanced nutrition products.**

If you can drink a smoothie... you can eat yourself back to dynamic health and energy again!

**Which of these CFS triggers do \*YOU\* relate to?**

**Mild or on-set chronic fatigue syndrome symptoms**

Many people with mild chronic fatigue syndrome have conditions that don't appear to be chemical or viral triggered. For these people the road to recovery can appear to be, and may in reality actually be, fairly simple and fast!

We will move forward for now on the assumption that energetically impaired villi is at the heart of your health problem. We know that the resultant lack of nutrition getting to the body on a cellular level has a direct effect on an individual's health. If the villi is restored to reasonable condition then this will very often lead to quite significant turn-around in the condition.

Our pure herbal based nutrition programs all have the core nutrition factors that will address the villi issue and with that will break the back of your poor quality nutrition and poor absorption of nutrition problems.





The fundamental building block for this is the Nutritional Shake Mix. It is an amino protein powder that has the essential amino acids that the body needs every day. They cannot be created within the body and need to be supplied through the food we eat.

Getting the full range of amino acids in the right balance is critical to turning this problem around. The second batch of products that are packed in the Herbalife programs and that are critical to the initial healing is the vitamin and mineral supplementation that accompanies the Formula 1.

We would expect to see a change of energy levels within 3 days of commencement for normal healthy people though with chronic fatigue syndrome this could take up to 7 days (assuming the problem does not have a base in chemical contamination.)

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For people with established chronic fatigue syndrome, who are showing many of the symptoms listed above, but who are still able to function with a basically normal life then there will still be some issues with introducing anything different into the diet. This means a slightly cautious approach is recommended.

We are talking here about people who have had the condition for some time and the longer term effects of lowered immune system and lowered metabolic rate are becoming apparent.

In these cases there is likely to be food intolerances. Using the Herbalife products will not cause any harm but with a low immune system and fragile metabolisms then "change of diet" is always something to approach carefully.

There will also be a clear fatigue problem. This will turn around but a steady program that will allow the body to heal itself over time is the most secure path to follow.

It is wise to begin with a Formula 1 Nutritional Shake and a set of tablets just once a day for a couple of days.

This will begin the detoxification process to let the body start to cleanse itself and also allow the system to adjust to the nutrition that is being added into the diet.

After a day or two, if there are no problems, then the shake can be taken a couple of times a day and the tablets can be taken 3 times which is the normal recommended use of the products.

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The food allergies are part and parcel of the condition and they do not present a major problem but you need to pay attention and show some common sense.

If there is any chance that the condition has roots in chemical contamination or drug use or if it is just a fully developed case of chronic fatigue syndrome then the sufferer already knows that they have serious problems and that it not going to sort itself out overnight.

In extreme cases it is best to use only a couple of specialty products for the first few days or week to



begin a gentle detoxification process.

The first of these products is Aloe Vera Juice. It cleans through your digestive system. It has been likened to giving your body a cleansing shower on the inside. This is a good foundation to preparing to recover from chronic fatigue syndrome though it will not generate the core healing that is required by itself.

The Aloe will also cause a very gentle detoxification to begin in the body. With chemicals and drugs this will gently leach them into the blood stream where they can be flushed out of your system.

In addition to the Aloe Vera Juice another product that will help to balance any irritable bowel problem is our natural Acidophilus product, Florafiber.

These two products together will promote healing through the entire digestive tract and will, in many cases, assist in bringing irritable bowel syndrome back under control and aid in preventing “flare ups”.

Once you have a basic cleansing and healing process happening then you should look at adding in some nutrition products to heal your whole system.

For some people a couple of days will be enough to get things moving but if you think there a high chance of chemicals or drugs being involved in triggering your Chronic Fatigue Syndrome, then using the Aloe Vera Juice and Florafiber alone, to detox your system for 5 days or even a week is a good idea.

The problem has taken a long time to establish itself in your system and it will continue to do immense harm to your system if you do not deal with it, so taking enough time to work conservatively with the healing and get it right is a very advisable.

Now for those of you who like to know exactly what is inside each of our natural and pure products, this section below is for YOU...

*The links detailing the products described here open up a new page window, so you may need to Ctrl+click to work around your pop-up blocker.*

## **Each CFS Energy Starter Pack contains:**

### **Protein Powder Smoothie Mix**

#### **Formula #1**

Designed by Dr. S. Paul Dewan who identified 84 of the nutritional elements used in the space foods for the Astronauts in some of NASA's space projects.

The high quality nutritious food is specifically formulated with an exclusive blend of vegetable soy, casein, proteins, vitamins minerals and herbs providing 18 amino acids including the 9 essential acids that the body requires but doesn't produce itself.

- Formulated with an exclusive blend of selected proteins, vitamins, minerals and herbs.
- Low in calories, low in fat and a valuable source of fibre.
- Provides 18 amino acids (from protein) to help the body function at its optimum level.



#### **FORMULA #2**

### **Vitamin B6 Supplement in a Herbal Base**

Designed by Dr Alber Leung to essentially assist with the removal of body wastes, this combination of herbs also contains the Vitamin B6 Groups (good brain food) and helps to balance the appetite.

This, along with formulas 1 & 3, is one of the core product of the specific [Nutrition for the Cells](#) that

underpins the Herbalife wellness programs

A Vitamin B6 supplement in a herbal base of Black Sesame Seed, Mung Bean, Ginger, Parsley, Fennel Seed and Odourless Garlic.

### Formula #3 – Cell Activator

Advanced Micronutrition with Botanical Factors - Fuel your cells for peak performance.

Includes 35 vitamins, minerals and high-quality, natural Chinese herbs that work together to help create a foundation for long-term good health.

- A blend of essential nutrients plus selected botanicals, to support and enhance overall well-being and to maintain levels of vitamins and minerals.
- Contains antioxidant factors Beta Carotene, Vitamin C, Vitamin E, that help keep your body healthy and fit.

Click here to read the: [Formula 3 LABEL](#)

### Florafibre

[Florafiber](#) is a special combination of two important factors; lactobacillus acidophilus and fibre.

It is a combination of Flora (necessary friendly bacterial like in yoghurt) and Fibre which helps *reconstitute, maintain and cleanse the intestinal tract* It is excellent for people with low immunity systems or who suffer from a compromised eliminations system.



### Herbal Aloe Juice Drink - 950ml / Quart



A marvelous blend of [Aloe Vera Juice](#) and herbs which seems to heal everything it touches. Containing live enzymes that *aid digestion*, it assists the natural action of the body to cleanse its organs, intestinal tubes colon and bowel.

This refreshing, pure beverage helps soothe the digestive system and assists the natural self-cleansing action of the body.

### IS CFS ROBBING YOU OF YOUR JOY?

Don't be a victim one moment longer. Our proven nutritonal supplement system helps your body to BEAT chronic fatigue syndrome!

So, are you ready join us and take the next step to gaining back dynamic health and energy again?

Are you ready to try our delicious energy shakes and tabs... at no risk to you?

We Guarantee that you will [Feel the Difference](#) - or get your money back!

**Take Advantage of this offer \*NOW\* and  
Treat Yourself to Dynamic Health!**

*You can order any time day or night, even at 3 am, seven days a week -  
we are always open to accept your order.*

ENJOY!



If you live outside of Australia, you need to email me on the form below to get your local prices of products delivered to your door in over 60 countries. In some countries like USA the price is much lower than shown below!

**This CFS energy nutrition pack is only (Australian dollars) \$147 (all inclusive – free delivery) for a full month supply, providing three serves of nutrition every day for 30+ days!**

This includes the protein & supplement nutrition drinks you can use to replace your normal breakfast & lunch if you want to – so you can save all that money you usually spend on those meals every day.

You're Invited To Join the thousands of people with CFS who are already enjoying immediate results as you can see in the sample health success stories below, and you can join us today by just making the decision to Act Now

\*\*Shop Securely with your Credit Card or Debit Account by PayPal - just click on the above order button\*\*



**HERBALIFE 30 DAY GUARANTEE & RETURN POLICY!**

**If You're Worried...Don't Be!**

You have the security of our money-back guarantee...

Feel the difference, or get your money back!

If for any reason, you are not completely satisfied with any Herbalife product purchased from us simply return the unused portion of the Herbalife product within 30 days from the date you ordered the product, in it's original Herbalife



container or box to us for a REFUND!

### **How soon after I place my order does my order ship?**

Within 24 hrs of being placed and paid for during business days. Actual delivery time varies slightly depending on your location in relation to the Warehouses in your country, but will be delivered to your door.

The products can be delivered in over 60 countries. Most major cities can expect delivery within 3 business days. Some country areas or International orders may take 7 to 10 business days.



Join us Now and you will get as much support as you want from our experienced CFS Nutritional Consultants who can walk you step by step along the road back to your ideal health... Just know that we are there for you ANYTIME you feel you need some support on this journey.

REMEMBER: There is absolutely no risk when you buy Herbalife nutrition products. For nearly 30 years they have been backing their "Satisfaction Guaranteed or your Money Back!" policy to over 40 million customers, so what have you got to lose?

### **So – How Great are \*YOU\* Going to Feel when you start taking this dynamic energy food??**

**If you are ordering from outside Australia, please email me on the form below to get the prices in your country. Products are available in over 60 countries world wide, and cost much less in some like USA, so be sure to ask me about your local prices**

**Also use this form to ask your questions so that I can help you to determine the fastest and most effective Herbalife solution to your individual and unique set of health issues.**

#### **Contact Helene Malmsio**

Please note that all fields followed by an asterisk must be filled in.

**First Name\***

**Last Name\***

**E-mail Address\***

**Country\***

**Home Phone**

**Your Message:\***

Please enter the word that you see below.



Helene Malsio – nutritional consultant since 1994



Remember, that while you can email me on the form above with any questions you may have about these products, you can also telephone me on +61354605939 or write to me,

Helene Malmsio,  
Managing Director & CEO,  
Strategic Corporate Support  
Services Pty Ltd.  
(Established 1987)  
at PO Box 412,  
Maryborough, 3465,  
Victoria, Australia.

## Our Special Offer #2:

Do you want even MORE ENERGY... EVEN FASTER???



**It's Time**

To UPGRADE your starter pack into the DYNAMIC ENERGY pack, by adding –

**Thermojetics total energy drink to the mix!**

Thermojetics™ Beverage is a thermogenesis product that raises your metabolic rate while suppressing hunger. This means a much higher energy level that your body derives from burning body fat.

A super versatile alternative to traditional caffeinated beverages. This refreshing herbal drink contains specially selected herbs, including green tea extract.

It mixes in an instant, delicious hot or cold with just six calories per serving.

An ideal accompaniment to your CFS beating nutrition program and great for increased personal alertness and energy.

THERMOJETICS™ Beverage can be taken in hot or cold water, added to soup, Orange juice, Tomato juice etc.

Only limited by your own creativity!

**Often described as “rocket fuel”, due to the lift in mental clarity and either increased, or more sustainable energy.**



You get all of the products detailed in the 'Nutrition Energy Pack" above PLUS the power of Thermojetics Beverage:

**The quickest way we know to heal your system to better cope with the strain of Chronic Fatigue Syndrome is with the use of these properly balanced nutrition products.**

**You don't need any more Reasons to get Started!  
Upgrade to a DYNAMIC ENERGY nutrition pack today and  
"eat yourself back to health"**

*You can order any time day or night, even at 3 am, seven days a week -  
we are always open to accept your order.*



**ENJOY!**



**You are Getting a Nutrition Program That's Proven To Work!**

You can now UPGRADE your ENERGY nutrition pack to include THERMOJETICS BEVERAGE!

This Thermojetic Energy pack sells for only AU **\$197 (all inclusive = free delivery)** for a complete month supply, providing three serves of nutrition every day for 30+ days.

REMEMBER: this also includes the nutrition protein shake you can use to replace your normal breakfast & lunch if you want to – so you can save all that money you usually spend on those meals every day.

**And how much will you save on the daily costs of your Starbuck's Coffees and Cola/Sugar 'energy drinks' now that you have Thermojetics rocket fuel in your arsenal???**

Remember to email me on the form above if you are living outside of Australia, so that I can get you the cost of this product pack in your own local currency. In some countries like USA the cost is much less than the price shown here!

**HERBALIFE 30 DAY GUARANTEE & RETURN POLICY!**

**If You're Worried about whether it will work as**



**well for you ...Don't Be.**

You will join thousands of satisfied CFS ex-sufferers who are enjoying immediate results, as you can see in the sample health success stories below, and you can join us today by just making the decision to Act Now



**Helpdesk**



Join us Now and you will get as much personal consultation and coaching as YOU tell us you want from our experienced CFS Nutritional Consultants ... it is up to you!

Our experienced nutritional consultants can walk you step by step along the road back to your ideal health... Just know that we are there for you ANYTIME you feel you need some support on this journey.

[Frequently Asked Questions](#)

FAQ resource centre for any questions you may have about our products or company.

## Chronic Fatigue Syndrome

by Carleen Sing  
(Shelbourne, Victoria, Australia)

I had been suffering from Chronic Fatigue Syndrome, candida, allergies, migraine headaches, PMT and a myriad of other health problems over a period of many years.

Life was a constant struggle. I would need to be woken in the morning (never a pretty sight) and then would begin the battle of mind and body.

One determining to arise, the other refusing to oblige. This could often go on for several hours before my body could or would roll out of bed.

I had attended a number of medical practitioners. Some who had said it is "all in your head" and one who suggested an army style exercise plan.

I had been treated with intravenous Vitamin C, Vitamin injections, massive doses of oral vitamins and various medications to name just a few.

One doctor believed that I had experienced Pesticide Poisoning, having been exposed to Heptaclor and Deildrin repeatedly over the course of several years due to living in houses that were sprayed for white ants.

When I began to use the Herbalife nutritional products I initially felt a difference. Just a 'spark' of life I'd not experienced before.

Then over the next two months my health took 'dives and turns' and I felt worse than I had for a long time.

As I'd been through detox programs whilst working with Natural Therapists in trying to regain my health I suspected this was a similar experience.

Eight weeks into the program, to my surprise, I woke up voluntarily, (without having to be woken)early in the morning for the first time I could remember.

My energy soared and I felt "alive" for the first time in MANY years.  
Gradually all of my health problems and allergy symptoms vanished.

My blood sugar stabilised, Candida symptoms disappeared and I no longer suffer from recurrent migraine headaches or PMT.

Now, 16 years on, I am living a life I would not have even dreamed possible.

Waking regularly and beginning my day at 6.30am and living an extremely full and busy life.

by Carleen Sing  
(Shelbourne, Victoria, Australia)

## CFS nutritional solutions

by Warren Tattersall



I had a problem with my own health that had plagued me for all of my life.

My elder and younger brother had high energy levels and I had low energy. I didn't understand why, and I still cannot explain it, but it had been with me all my life and I lived with it.

As a schoolboy I had unexplained energy drop periods where I would just go to bed and sleep for 24 hours. Blood tests showed a drop in the red blood cells in that period but no-one could tell me anything about it.

When I was going out with the girl who became my wife there was an occasion that I fell asleep in a restaurant. This is an embarrassing thing but when there are only the 2 of you there it is something that keeps being recalled in conversation for 20 years!!

In my 30's I went to my General Practitioner. I am 6 ft 2 in (187 cm) and he is much shorter than I am. He did all the blood tests and then patiently explained to me that I was tall and he was short. He did not like being short but there was nothing he could do about it. He said that he had high energy and I had low energy and that was just the way it was. Live with it!!

When I started to use a full nutrition program it was just to see what it did and because it may have given a benefit for my martial arts.

4 or 5 days later I remember standing at my cupboard getting out a shirt and just freezing up. I realized that I could not remember getting out of bed! I had never in my life just woken up and got out of bed. Every day I came slowly to consciousness and then fought myself to get moving. This day I just woke up rested and alert. It was one of those moments that you remember for ever.

Since then I can stay up late, work half the night, do pretty much anything and I will still wake at the same time and am able to bounce out of bed at 7am. This has lasted for nearly 15 years now and all my blood profiles are a lot better than they were 20 years ago.

Obviously that means I have an emotional attachment to nutrition products that can do this.

The key seems to be to repair the villi and when your digestive system is working normally (even if that is not normal for you) then your body will heal.

Have you had the experience of having an indoor plant that you have forgotten to water and it is all drooping with the leaves just hanging down? You water it and 10 minutes later it is all standing up, looking healthy and happy again.

I have seen people who have just done that, many, many of them. Instead of 10 minutes the process takes 3 to 10 days in many cases but the effect is as dramatic.

Medical advice seems to be that you need 6 to 12 months of rest in a stress free environment with regular nutritious meals and lots of sleep to do this.

I am walking testimony to say that the villi can be rebuilt in less than a week, provided the problem is not chemical contamination.

- Warren Tattersall,  
Maryborough, Victoria  
Australia

## **Chronic Fatigue Syndrome (viral triggered) fixed with nutrition**

by Helene Malmsio



When I was 17 years old I developed a bad case of Glandular Fever that took many weeks to fully recover from. I remained anaemic, and lost the natural energy I used to have up til then.

As an adult I seemed to 'catch all the colds' going around, and even though I was still able to work hard physically when required, I needed some serious recovery time after each session of major energy output.

By the age of 28 - 29 in the late 1980's I was a walking wreck... a fully paid-up member of the "Yuppie Disease" Club .... I was working around 80 hours a week in my business like most Yuppies, but collapsing on the weekends, constantly exhausted, too tired to do any 'fun things' anymore and finding it harder to even think straight or make clear business decisions. Doctors had no idea what to suggest, other than to "get some rest".

Finally unable to cope any longer and experiencing a nervous breakdown from total exhaustion, I ended up closing my business and taking 12 months of rest to try and recover my health. But when I ran out of money in my savings account, I HAD to return to work, and just barely coped in my full time work, by sleeping for two days solid every weekend.

I still remember when during my 90 minute drive to work every day, I would often wake up at different stages of the drive, wondering HOW I had driven to that point...!?! That happened nearly every morning. YES.. BE AFRAID of the other morning commuters sharing the road with you, as some of them will also be driving on auto-pilot while they unknowingly take a nap on the way to work!

In 1992 I found a CFS Specialist who set me a 90day schedule of horrible weekly intravenous vitamin drips to feed my organs direct, allergy drops to ease my allergic reactions to everything around me, a massive collection of supplements covering the entire top of my fridge - a few thousand dollars invested in treatments ... and still I didnt feel better than just 'burnt out'.

He told me that I was lucky to be able to enjoy ANY quality of life AT ALL, since my blood tests still showed Glandular Fever and all of the six strongest flu type viruses that were notorious for triggering chronic fatigue syndrome. I was a 'walking-dead' classification in his books after 10 years of CFS - he was amazed that I could hold down a job at all.

In 1994 David Exon convinced me to try taking nutrition that he promised me "would detox my system, and enable me to feed my body this wonderful herbal based product, directly to my body on a cellular level" - as the painful, painful, weekly intravenous drips were supposed to have done... and this time all I had to do was drink a smoothie shake twice a day, and take some vitamin supplement tabs! EASY! Pain free! Wow!

I honestly didnt dare to hope for measurable improvement in health and stamina anymore, as my expectations of myself and life had shrunk down to the level my body could function to meet.. and my life was beginning to look pretty small, and I didnt expect much as life was passing me by - I just wanted to feel at least a LITTLE bit better, if possible.

I started using the nutrition products and things started happening quickly, I had all sorts of reactions and cleared rubbish from my system, but before long I found I could get myself out of bed in the morning with a clear head and ENTHUSIASM for the day ahead. My friends started telling me that there was a spark back in my eyes and a bounce in my step they had never seen before. I could laugh again and I could work again and there was hope in my life for the first time in a very, very long time.

And in the following years since that momentous decision to **"just try one more thing.... dont give up just yet"** I can tell you that I have developed a reputation for being a notorious workaholic with ridiculous levels of stamina, regularly working 30 hour shifts on projects I enjoy, and my friends

will testify to my sheer endurance nowadays.

And as a lazy vegetarian (since 2000) who refuses to eat mung beans and Tofu... I NEED to supplement my daily intake of the foods I eat, as it would be simply impossible to eat my daily protein & total nutritional requirements in any other way.

These products are simply the PUREST form of nutrition that we can buy in a jar... the simplest and tastiest way to "eat yourself healthy again".

For over ten years now I have been taking Aloe Juice & FloraFibre to cleanse my system & villi, and supplemented my natural organic food diet with Formula #1, 2, 3, and supplement with LifeLine and XtraCal and Tang Kuai for my eyes, relaxation, gums and cardiovascular/circulation.

I suggest you get a basic "**Ultimate Pack**" as that has everything I could recommend for coping with CFS, and start out the first 5 days just with a gentle Detox of Aloe Juice and FloraFibre, and then add your Shake, and then add your tabs. Within 10 days you can be on the full Ultimate Nutrition program and wonder how you used to live without it.

It is my proven "attitude food"... no more depression or mood swings, from chronic exhaustion.

You have absolutely nothing to lose, and a ton of support from experienced people on this team, to help you every step of the way, to regain a level of energy and health that you probably dont even remember anymore how it felt... !

There are thousands of us who are enjoying these results of dynamic health again, we would love you to come join us!

Helene Malmsio,  
Maryborough, Victoria  
Australia

### Our Offer #3:

Now if you are interested in the ULTIMATE DYNAMIC ENERGY program, we have that upgrade available for you too.....

### Each Ultimate DYNAMIC ENERGY Nutrition Programme contains:

#### Herbalife Formula #1 Protein Powder meal replacement Drink

- Formulated with an exclusive blend of selected proteins, vitamins, minerals and herbs.
- Low in calories, low in fat and a valuable source of fibre.
- Provides 18 amino acids (from protein) to help the body function at its optimum level.
- Available in three sensational flavours: French Vanilla, Dutch Chocolate and Berry



#### **FORMULA #2**

Vitamin B6 Supplement in a Herbal Base

Designed by Dr Alber Leung to essentially assist with the removal of body wastes, this combination of herbs also contains the Vitamin B6 Groups (good brain food) and helps to balance the appetite.

This, along with formulas 1 & 3, is one of the core product of the specific [Nutrition for the Cells](#) that underpins the Herbalife wellness programs

A Vitamin B6 supplement in a herbal base of Black Sesame Seed, Mung Bean, Ginger, Parsley, Fennel Seed and Odourless Garlic.

Stress, a poor diet and exposure to pollutants can result in your body lacking essential nutrients. As a result, you may look and feel tired, get sick easily or have difficulty losing excess weight.

### **Formula #3 – Cell Activator**

Advanced Micronutrition with Botanical Factors - Fuel your cells for peak performance.

Poor eating habits, stressful lifestyles and environmental pollutants can rob our bodies of vital nutrients and wreak havoc on our immune systems, making it even more difficult to reach our ideal weight. Start replenishing your body today with Herbalife's exclusive formula Vitamin & Mineral Supplement tablets.

This, along with formulas 1 & 2, is one of the core product of the specific Nutrition for the Cells that underpins the Herbalife wellness programs

Includes 35 vitamins, minerals and high-quality, natural Chinese herbs that work together to help create a foundation for long-term good health.

- A blend of essential nutrients plus selected botanicals, to support and enhance overall well-being and to maintain levels of vitamins and minerals.
- Contains antioxidant factors Beta Carotene, Vitamin C, Vitamin E, that help keep your body healthy and fit.

Click here to read the:

[Formula 3 label](#)

### **FORMULA 5**

Vitamin C Supplement

- A Vitamin C supplement in an herbal base of Couch Grass, Potassium, Cider Vinegar and Lecithin.

### **Chitosan Fibre Complex**

Thermojetics Chitosan Fibre Complex is an amazing dietary fibre containing Chitosan blended with Fenugreek fibre to assist with the maintenance of appetite as part of a calorie controlled eating plan.

- Creates a satisfying feeling of fullness while helping to keep your system regular.
- A combination of Chitosan and Fenugreek; a unique formulation which offers unbelievable benefits. Chitosan attracts fat, ultimately decreasing fat absorption by the body.

### **N-R-G Nature's Raw Guarana**

- [N.R.G.](#) provides 800mg of pure 100% organically grown Guarana per tablet.
- (This also worked to knock out my allergies & hay fever)

### **Thermojetics Instant Herbal Beverage**

- [Thermojetics Tea](#) is versatile alternative to traditional beverages.
- (My personal favourite "Rocket Fuel" to power me through even the toughest day)

\*PLUS\*



## Florafibre

[Florafiber](#) is a special combination of two important factors; lactobacillus acidophilus and fibre.

Lactobacillus acidophilus are microscopic organisms found in the digestive tract that help maintain the proper balance of "friendly" fibre.

## Herbal Aloe Concentrate Drink

This refreshing, pure beverage helps soothe the digestive system and assists the natural self-cleansing action of the body.

Enjoy the natural flavour of [Aloe Vera Juice](#) Drink as a supplement to your everyday diet.

**Are You Still Wasting Your Life -  
just hoping to 'magically' get better?**

**Instead... imagine now how much Better you will Feel  
within just a few DAYS of starting!**

*You can order any time day or night, even at 3 am, seven days a week -  
we are always open to accept your order.*



You can now get this massive set of "ULTIMATE" DYNAMIC ENERGY nutrition pack for a measly AU **\$367 (all inclusive = free delivery)** for a whole month supply, providing three serves of nutrition every day for 30+ days including the nutrition drinks you can use to replace your normal breakfast & lunch if you want to – so you can save all that money you usually spend on those meals every day.

Thousands of people with Chronic Fatigue Syndrome have already tried these products and enjoyed the results as you can see in the sample health success stories above, and you can join us today by just making the decision to Act Now

**\*\*Shop Securely with your Credit Card or Debit Account by PayPal - just click the buy button above \*\***



Remember if you are living outside of Australi, to email me on the form below to get the prices of products in your own local currency... they are delivered to your door in over 60 countries!

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No Hassle, No Questions Asked!

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Within 24 hrs of being placed and paid for during business days. Actual delivery time varies slightly depending on your location in relation to the Warehouses in your country, but will be delivered to your door.

The products can be delivered in over 60 countries. Most major cities can expect delivery within 3 business days. Some country areas or International orders may take 7 to 10 business days.

If you want to start with our **Ultimate Dynamic Energy Program** to get your problems sorted out as quickly as possible then use this ORDER NOW button and PayPal will securely process your payment and we will courier the program to you door within a couple of days.



Join us Now and you will get as much personal consultation and coaching as YOU tell us you want from our experienced CFS Nutritional Consultants ... it is up to you!

Our experienced nutritional consultants can walk you step by step along the road back to your ideal health. Just know that we are there for you ANYTIME you feel you need some support on this journey.

REMEMBER: There is absolutely no risk when you buy Herbalife nutrition products. For nearly 30 years they have been backing their "Satisfaction Guaranteed or your Money Back!" policy to over 40 million customers, so what have you got to lose?

So – How Great are \*YOU\* Going to Feel when you start taking this dynamic energy food??

### The History of these nutrition programs.

In 1980, when Herbalife began business their founder, Mark Hughes, had seen his mother use every sort of fad diet to try and lose weight. Eventually she turned to medically prescribed diet pills. She became addicted to the products and began abusing them but taking prescriptions from a number of doctors at the same time. Eventually she ran down her health and then overdosed on the tablets and died.

Mark was deeply affected by this and looked for a way for people to control their health and control

their weight without using drugs or medication.

He looked around America at what was available in the way of vitamin and mineral supplements and felt that there should be more to it.

In the late 70's the Chinese government had sponsored a traveling show on traditional Chinese medicine. Mark saw that and wondered what would happen if the traditional healing from the East was married with the modern vitamin and mineral technology of the West.

The result was the original Herbalife 'weight loss' program.

It was so effective with the results that everyone talked about it and 5 years after beginning Herbalife was the fastest growing privately held company in the history of American business.

That was not due to the market plans but due the fact that they had a product that over performed on it's promises for people to control their weight and their health by using the highest quality nutrition products that it was possible to supply.

### Healthy Meals

Herbalife's delicious protein shakes are loaded with essential vitamins, minerals and nutrients that are perfect for busy people. Whether you're on the go or just want to keep your whole system in top order then reach for a nutritious meal, with an Herbalife Formula 1 shake. It will satisfy your hunger, help manage your weight, and give you a sound foundation of health nutrition every day to help your body clean and repair and to maintain LIFETIME DYNAMIC HEALTH, ENERGY AND WELLNESS.

**Whatever your decision today on this visit, we wish you well in your journey to better health and wellbeing!**



to "Your Health Success"  
our monthly F'R'E'E' Newsletter

\*\*\* BONUS \*\*\* BONUS \*\*\* BONUS \*\*\*\*



[Choose from 25 Health eBooks and training eCourses](#)  
[– our Gift to you for visiting today!](#)



Here you can view an online training about the uses of our products

**The Best Energy Nutrition Program...Ever! Pt 1**

**The Best Energy Nutrition Program...Ever! Part 2**

## **The Best Energy Nutrition Program...Ever! Part 3**

**So which program pack is the right one for you to get started????**



**1) CFS Energy Starter Pack \$147 – Buy Now :**



**2) CFS Pack PLUS Thermojetics Instant Beverage – Buy Now \$197 :**

**3) Ultimate Dynamic Energy Pack – Buy Now \$367 :**

**4) THERMOJETICS Beverage only \$67 :**



**\*\*Shop Securely with your Credit Card or Debit**

Account by PayPal -

Just select the 'buy now' button from above to go direct to your secure PayPal processing page. \*\*

Your order will be shipped to you within 3 working days, and delivered to your door!



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**So – How Great are \*YOU\* Going to Feel when you start taking this dynamic energy food??**

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### \*\*\* GENERAL RELEASE AND ASSIGNMENT

For good and valuable consideration, the receipt and legal sufficiency of which is hereby acknowledged, I ("I", "me", "my") hereby agree as follows:

- 1) I hereby grant to Warren Tattersall, his successors, assignees and licensees the unlimited right, but not the obligation, to use any statements made by or attributed to me (my "Statements") as well as my name, voice, and likeness, performance, personal characteristics and other identifying information (jointly and severally with the Statements and the photographs referenced in Paragraph 2 below, my "Personal Characteristics") in and in connection with the advertising, promotion, marketing and other exploitation of Herbalife products or Warren Tattersall's services in any and all languages and media, now known or hereafter devised, throughout the universe in perpetuity.
  - 2) If I supply Warren Tattersall with photographs of myself on this date or any date subsequent, I agree that Warren Tattersall may use such photographs to the full extent provided above, I warrant and represent that I am the person depicted in the photograph, I am the owner of the photograph, I have the authority to grant the permission and rights granted herein, and no one else's permission is required to grant such rights, and I understand that the copy of the photograph(s) I supply to Warren Tattersall will not be returned.
  - 3) I understand that Warren Tattersall is not obligated to use my Personal Characteristics as permitted herein or, if commenced, to continue with such use in any territory. I acknowledge and agree that Warren Tattersall may make my Personal Characteristics available to Warren Tattersall's independent distributors to use as permitted above.
  - 4) In undertaking the act of submitting my words and images through www.TheHealthSuccessSite.com I understand that I am agreeing the terms and conditions of this agreement
- I have read this entire General Release and Assignment and fully understand his contents. I likewise understand that this document shall remain in full force and effect unless/until I request that it be terminated, and that any such request must be made in a signed writing. By signing below, I hereby acknowledge and agree to the foregoing.

I understand that in submitting my material for publication I am granting the rights to reproduce this material on the internet or in other form and I have read the conditions above

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*\* The Herbalife weight management programmes are effective when used in conjunction with a calorie controlled eating plan and depends on your personal metabolism.*

**SITE DISCLAIMER:** Do these products "cure" anything? Of course not... but it stands to reason that if you cleanse your body and feed it the finest nutrition available, giving it everything it needs in balance, on a daily basis, that your body will do what nature intended, and give you the best possible chance to fend off sickness and disease. This Health and Nutrition Resources Index information is not presented by a medical practitioner and is for educational and informational purposes only. The Health and Nutrition Resources Index content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your health online or a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

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You can contact [Helene Malmsio](#) to find out more about our nutritional systems or about joining our team of health and wellness consultants by emailing at [helene@TheHealthSuccessSite.com](mailto:helene@TheHealthSuccessSite.com)

Your health online A – Z guide to dealing with health problems and finding natural self care and nutritional strategies for your better health: <http://TheHealthSuccessSite.com/helene-malmsio.html>

## Supplements and Your Health

**A lot of people these days are trying to make their health better. No matter where you turn, from TV to newspapers, you'll see stories about people and how bad their health actually is.**

Even though there are many different companies out there that offer vitamins and supplements and claim that they will change your healthy, you'll need to research what they offer and sure that you aren't just wasting your money.

If you are looking to improve your health, you'll need to at many different vitamin supplements to find which ones are the best for you. You should look at everything available, and not just try a few to see what happens.

Dieting is the ideal place to start, as it can make the most improvements on your health. Dieting can change your body, and make you feel a lot better as well.

These days, a lot of people eat way too much sweets and sugar, choosing refined products over healthy food. Even though it isn't a bad thing to enjoy sweets and chocolate, you should never make a habit out of it.

You can still enjoy your favorite foods as well, although you should be looking at the healthy benefits of food as well and think of everything as a whole.

If you include healthy foods such as salads, vegetables, and fruit into your diet, you'll be eating healthy. Protein is also beneficial to your health, as it promotes the growth of your muscle.

Those of you, who are serious about eating healthy but are unsure where to start, should contact a nutritionist. They will be able to tell you where to start, and how to achieve a healthy diet that will change your life.

Even though you may be eating healthy or trying to eat healthy, you'll probably find yourself wondering about vitamins and supplements and how much of an impact they have on your diet.

Dieticians are ideal to consult with these types of questions, as they can answer any questions relating to vitamins that you have. They can also tell you which supplements are ideal to your health, and which ones you should include in your diet.

Different people will have different needs and requirements, making it essential to get advice from a qualified professional. If you get the advice from a professional, you'll know what you can add to your diet.

If you try to do it all yourself without the advice of a professional, you can end up not getting enough in your diet, or you could end up taking something that you shouldn't be taken.

Exercise is also important to your diet and your health. Although supplements and vitamins will go a long way, exercise will do a lot for your body. If you exercise on a regular basis, and take the right supplements and vitamins with your diet, you'll notice that you have more energy and you feel better than you ever have in your life.



Before you start with your new diet or rush out and buy your new vitamin supplements, you should always check with your doctor first to see if he has any recommendations.

You should also tell him what type of exercise you are planning on doing, and see if there are any complications with your health. Getting a healthy lifestyle is always a great thing, although you should always consult with your doctor.

This way, you'll know the best way to start and how to go about getting in the best shape of your life.

## Taking Supplements

**Throughout the world, a lot of people have problems with their digestive systems that make it hard to absorb nutrients and break down the food they eat.**

This is a common problem, one that is usually caused by a poor level of acid in the stomach, toxic in the gut, or a lack of production enzymes that assist with the breaking down process. There are other causes as well, although the above are the most common.

Problems with the digestive tract can be improved quite a bit if you slowly increase your intake of nutrients. A diet that is high in organic matter is the preferred way to improve your digestion, although you may need to use supplements as well.

The best thing about supplements is the fact that you don't need a prescription. You can select which ones you want on your own, and purchase them at your local nutrition store or online.

The ideal time to take supplements is with your meals. During this time, your body can absorb the nutrients better, as your digestive system will be stimulated with food.

If you are using time released supplements, you should take them with food to ensure that they move through your body at the right pace and

release the proper amount of nutrients and vitamins your body needs at the right time.

Vitamins that are water soluble are the easiest to use, as they will pass through the body easily and quickly, and should be taken three times a day.

Vitamins that are fat soluble are best absorbed if they are taken with food that contains fat. You should always take vitamins with meals, as the minerals and nutrients found in food will work with the vitamin supplements.

There are some supplements that may interfere with others when you absorb them, so you should always make sure what you are taking is acceptable to take with other forms of vitamin supplements.

**Below, is a list of the most common vitamins and how you should go about taking them.**

1. Vitamins A, D, and E - These vitamins should always be taken with meals that contain fat or oil.
2. Vitamin B - You should always take vitamin B supplements as soon as you wake up, to get the maximum benefit. You can also take them during the day with a whole grain meal.
3. Vitamin C - Supplements containing vitamin C should be taken with meals and never on an empty stomach.
4. Iron - Iron supplements should always be taken with food, as they are easy to absorb this way.
5. Multi-vitamins -You can take multi-vitamins at anytime, although you should always consume a small meal with the supplement.

Even though you may be on a healthy diet, you should still make sure that you are getting the proper vitamins and supplements as well.

Supplements will help your body get the vitamins and minerals it needs, especially on days that you aren't able to eat what you should.

Life can get hectic at times, which is where supplements can really come in handy.

If you include supplements in your diet and take them correctly, you'll find that your body will be much healthier. There are many different vitamins and supplements that you can take, although they will depend on what you are trying to achieve.

You should always research a vitamin that you are interested in taking, and make sure it fits your needs before you decide to purchase it.

## **Antioxidant Supplements**

A key ingredient to improving your lifestyle and living a healthy life is antioxidants. There are several antioxidant supplements out there that can help you live a healthy life that are natural and won't cause you any damage.

You can also eat different types of food that contain antioxidants as well, although supplements are the ideal way to get the right amounts of antioxidants.

If you take in more antioxidants through food and supplements, there are a few benefits that you'll have, with the first being cell protection.

Antioxidants can help to protect your cells from damage, which helps to fend off diseases.

Many times, you can have a lack of vitamins in your body, which will cause you to recover from diseases or injury very slow. If you have the right amount of vitamins and antioxidants in your body, you'll notice the differences.

In most cases, you can get antioxidant supplements in the form of herbal or natural, which will greatly help your body. They have a lot of benefits

as well, such as preventing various diseases, keeping blood clotting under control, and restoring libido.

[Nutrition for your cells](#) and proper dieting is a very important part of life, therefore you should always keep your health under control and make sure you eat well.

There are non synthetic supplements out there as well, that are ideal for keeping your health maintained. They can be easily absorbed by your body, unlike that of synthetic supplements.

Synthetic supplements are well known for their absorbing, as it can take a long time before you see any type of results. Non synthetic on the other hand, gives you almost immediate results, as they are easily absorbed by the body and don't have any type of side effects.

Keep in mind that even though you may be taking vitamins that contain antioxidants, you'll still need to remain on a healthy diet. You'll need food that contains the minerals and vitamins you need as well, although the supplement vitamins will give you more.

You can also use vitamins and supplements that contain antioxidants if you aren't able to eat the right foods that contain these precious nutrients.

For more reasons than one, you should always make sure that you include foods and supplements that contain antioxidants in your diet. If you aren't taking in the right amount of antioxidants, you'll be at a risk for disease or other harmful effects.

Antioxidants do a lot for your body, which is why you want to ensure that you are taking in the right amounts. You can find many different vitamins and supplements that include them, all you need to do is make sure that you are eating right and doing all you can to lead a healthy lifestyle.

## 24 Good reasons why you may need vitamin supplements.

Many people believe that eating a well balanced diet provides all the vitamins and minerals necessary for good health. In ideal circumstances, this is the case, but in reality there are many reasons why you may need vitamin supplements to cope with living in the twentieth century environment.

Taking vitamins when required is a safe method of optimizing your dietary sources of nutrients, providing you follow the instructions on product labels.

### 1. Poor Digestion

Even when your food intake is good, inefficient digestion can limit your body's uptake of vitamins. Some common causes of inefficient digestion are not chewing well enough and eating too fast.

Both of these result in larger than normal food particle size, too large to allow complete action of digestive enzymes. Many people with dentures are unable to chew as efficiently as those with a full set of original teeth.

### 2. Hot Coffee, Tea and Spices

Habitual drinking of liquids that are too hot, or consuming an excess of irritants such as coffee, tea or pickles and spices can cause inflammation of the digestive linings, resulting in a drop in secretion of digestive fluids and poorer extraction of vitamins and minerals from food.

### 3. Alcohol

Drinking too much alcohol is known to damage the liver and pancreas which are vital to digestion and metabolism. It can also damage the lining

of the intestinal tract and adversely affect the absorption of nutrients, leading to sub-clinical malnutrition.

Regular heavy use of alcohol increases the body's need for the B-group vitamins, particularly thiamine, niacin, pyridoxine, folic acid and vitamins B12, A and C as well as the minerals zinc, magnesium and calcium. Alcohol affects availability, absorption and metabolism of nutrients.

#### **4. Smoking**

Smoking too much tobacco is also an irritant to the digestive tract and increases the metabolic requirements of Vitamin C, all else being equal, by at least 30mg per cigarette over and above the typical requirements of a non-smoker.

Vitamin C which is normally present in such foods as paw paws, oranges and capsicums, oxidizes rapidly once these fruits are cut, juiced, cooked or stored in direct sunlight or near heat. Vitamin C is important to the immune function.

#### **5. Laxatives**

Overuse of laxatives can result in poor absorption of vitamins and minerals from food, by hastening the intestinal transit time. Paraffin and other mineral oils increase losses of fat soluble vitamins A, E and K. Other laxatives used to excess can cause large losses of minerals such as potassium, sodium and magnesium.

#### **6. Fad Diets**

Bizarre diets that miss out on whole groups of foods can be seriously lacking in vitamins. Even the popular low fat diets, if taken to an extreme, can be deficient in vitamins A, D and E.

Vegetarian diets, which can exclude meat and other animal sources, must be very skillfully planned to avoid vitamin B12 deficiency, which may lead to anemia.

## **7. Overcooking**

Lengthy cooking or reheating of meat and vegetables can oxidize and destroy heat susceptible vitamins such as the B-group, C and E.

Boiling vegetables leaches the water soluble vitamins B-group and C as well as many minerals. Light steaming is preferable. Some vitamins, such as vitamin B6 can be destroyed by irradiation from microwaves.

## **8. Food Processing**

Freezing food containing vitamin E can significantly reduce its levels once defrosted. Foods containing vitamin E exposed to heat and air can turn rancid. Many common sources of vitamin E, such as bread and oils are nowadays highly processed, so that the vitamin E content is significantly reduced or missing totally, which increases storage life but can lower nutrient levels.

Vitamin E is an antioxidant which defensively inhibits oxidative damage to all tissues. Other vitamin losses from food processing include vitamin B1 and C.

## **9. Convenience Foods**

A diet overly dependent on highly refined carbohydrates, such as sugar, white flour and white rice, places greater demand on additional sources of B-group vitamins to process these carbohydrates.

An unbalanced diet contributes to such conditions as irritability, lethargy and sleep disorders.

## **10. Antibiotics**

Some antibiotics although valuable in fighting infection, also kill off friendly bacteria in the gut, which would normally be producing B-group vitamins to be absorbed through the intestinal walls.

Such deficiencies can result in a variety of nervous conditions, therefore it may be advisable to supplement with B-group vitamins when on a lengthy course of broad spectrum antibiotics.

## **11. Food Allergies**

The omission of whole food groups from the diet, as in the case of individuals allergic to gluten or lactose, can mean the loss of significant dietary sources of nutrients such as thiamine, riboflavin or calcium.

## **12. Crop Nutrient Losses**

Some agricultural soils are deficient in trace elements. Decades of intensive agriculture can overwork and deplete soils, unless all the soil nutrients, including trace elements, are regularly replaced. This means that food crops can be depleted of nutrients due to poor soil management.

In one U.S Government survey, levels of essential minerals in crops were found to have declined by up to 68 per cent over a four year period in the 1970's.

## **13. Accidents and Illness**

Burns lead to a loss of protein and essential trace nutrients such as vitamins and minerals. Surgery increases the need for zinc, vitamin E and other nutrients involved in the cellular repair mechanism.

The repair of broken bones will be retarded by an inadequate supply of calcium and vitamin C and conversely enhanced by a full dietary supply.

The challenge of infection places high demand on the nutritional resources of zinc, magnesium and vitamins B5, B6 and zinc.

#### **14. Stress**

Chemical, physical and emotional stresses can increase the body's requirements for vitamins B2, B5, B6 and C. Air pollution increases the requirements for vitamin E.

#### **15. P.M.T**

Research has demonstrated that up to 60 per cent of women suffering from symptoms of premenstrual tension, such as headaches, irritability, bloated ness, breast tenderness, lethargy and depression can benefit from supplementation with vitamin B6.

#### **16. Teenagers**

Rapid growth spurts such as in the teenage years, particularly in girls, place high demands on nutritional resources to underwrite the accelerated physical, biochemical and emotional development in this age group. Data from the USA Ten State Nutrition Survey (in 1968-70 covering a total of 24,000 families and 86,000 individuals) showed that between 30-50 per cent of adolescents aged 12-16 had dietary intakes below two thirds of the recommended daily averages for Vitamin A, C, calcium and iron.

#### **17. Pregnant Women**

Pregnancy creates higher than average demands for nutrients, to ensure healthy growth of the baby and comfortable confinement for the mother.

Nutrients which typically require increase during pregnancy are the B-group, especially B1, B2, B3, B6, folic acid and B12, A, D, E and the minerals calcium, iron, magnesium, zinc and phosphorous.

The Ten State Nutrition Survey in the USA in 1968-70 showed that as many as 80 per cent of the pregnant women surveyed had dietary intakes below two thirds of recommended daily allowances.

Professional assessment of nutrient requirements during pregnancy should be sought.

### **18. Oral Contraceptives**

Oral Contraceptives can decrease absorption of folic acid and increase the need for vitamin B6, and possibly vitamin C, zinc and riboflavin.

Approximately 22 per cent of Australian women aged 15-44 are believed to be on "the pill" at any one time.

### **19. Light Eaters**

Some people eat very sparingly, even without weight reduction goals. US dietary surveys have shown that an average woman maintains her weight on 7560 kilojoules per day, at which level her diet is likely to be low in thiamine, calcium and iron.

### **20. The Elderly**

The aged have been shown to have a low intake of vitamins and minerals, particularly iron, calcium and zinc. Folic acid deficiency is often found, in conjunction with vitamin C deficiency.



Fibre intake is often low. Riboflavin (B2) and pyridoxine (B6) deficiencies have also been observed. Possible causes include impaired sense of taste and smell, reduced secretion of digestive enzymes, chronic disease and, maybe, physical impairment.

### **21. Lack of Sunlight**

Invalids, shift workers and people whose exposure to sunlight may be minimal can suffer from insufficient amounts of vitamin D, which is required for calcium metabolism, without which rickets and osteoporosis (bone thinning) has been observed.

Ultraviolet light is the stimulus to vitamin D formation in skin. It is blocked by cloud, fog, smog, smoke, ordinary window glass, curtains and clothing. The maximum recommended daily supplement intake of vitamin D is 400 i.u.

### **22. Bio-Individuality**

Wide fluctuations in individual nutrient requirements from the official recommended average vitamin and mineral intakes are common, particularly for those in high physical demand vocations, such as athletics and manual labor, taking into account body weight and physical type.

Protein intake influences the need for vitamin B6 and vitamin B1 is linked to kilo joule intake.

### **23. Low Body Reserves**

Although the body is able to store reserves of certain vitamins such as A and E, Canadian autopsy data has shown that up to thirty percent of the population have reserves of vitamin A so low as to be judged "at risk".

Vitamin A is important to healthy skin and mucous membranes (including the sinus and lungs) and eyesight.

## **24. Athletes**

Athletes consume large amounts of food and experience considerable stress. These factors affect their needs for B-group vitamins, vitamin C and iron in particular. Therefore athletes especially benefit from taking [Sports Supplements](#)

Tests on Australian Olympic athletes and A-grade football players, for example, have shown wide ranging vitamin deficiencies.

## **Getting Energy From Vitamins**

The biggest complaint that doctors often hear from patients is a lack of energy, or the constant feeling of fatigue. Due to these types of complaints, it really isn't a surprise that people want to know the best types of vitamins and supplements they can get for energy.

All vitamins are ideal for staying healthy, as well as keeping your body performing in top shape.

Among vitamins and supplements, one of the most common for energy is folic acid. Folic acid is a B vitamin that has been proven to increase energy levels.

Even though you can look for vitamins that provide energy, it would be in your best interest to find those that can be effective with fighting fatigue as well. There are vitamins, nutrients, and supplements that are great for fighting fatigue and helping the body stay alert.

The vitamin known as NADH is very powerful for energy, although many people aren't aware of it. People who use vitamins on a regular basis would find themselves very impressed with the boost NADH provides.

It is often used with chronic fatigue, although the way it works can be quite complicated indeed. Other vitamins that are great for providing energy include the msm supplement and ginkgo biloba.

If you happen to be on a blood thinner, such as aspirin, you should always consult with a doctor or other trained specialist before you take ginkgo biloba, as it is a blood thinning agent.

Even though it is considered to be an energy vitamin, if you use it with aspirin it can thin your blood down a bit too much. If you get your blood too thin, it may lead to medical problems later on in life that can prevent you from doing the things you love.

With any vitamin that you take as a source of energy, you should always consult with your doctor. If you have any type of heart or other serious medical condition, you may not be able to take the vitamin you are interested in.

For this reason, you should always consult with your doctor and ask for his advice. After a few tests and exams, your doctor will be able to tell you what type of vitamins you should or shouldn't take.

In the world of vitamins and supplements, there are many alternative sources that you can take for energy. Whether you are a senior citizen looking to do more activities or an athlete looking to get more energy, there are many different vitamins out there that can give you what you need.

Before you rush out and explore your options though, you should always consult with your doctor first and see if there are any vitamins you shouldn't be taking.

## Getting The Right Amount Of Vitamins

If you eat healthy and balanced meals each and every day, you will get all of the necessary vitamins and minerals your body needs to function. Even though we all have different dietary needs, we all need vitamins in order to live healthy lives and prevent diseases. Vitamins have been around for hundreds of years, providing us with a way to live our lives in a healthy manner.

Although there are many different vitamins out there, you'll need a certain amount of each one to keep your body healthy. There are many different classifications of vitamins, including A, B, C, and E. These vitamins are extremely important, with each one serving a unique purpose for both your body and your health.

When it comes to the type of vitamins, B vitamins are the most diverse. This is a very important vitamin, one that was discovered by mixing several chemicals together.

With the B vitamin being so diverse, scientists understand the complex well enough to isolate the vitamin into eight different variations of the B vitamin family. These variations include B1, B2, B3, B5, B6, B7, B9, and B12.

As with other vitamin classes, a deficiency in the B vitamin can result in several different conditions such as weight loss, weakness, stress, diarrhea, dementia, anemia, and other things. A deficiency in B vitamins isn't good for anyone, as the entire family contributes to your body.

If you have a deficiency of any of the variation of this vitamin, you should always do something about it just as fast as you can.

As a whole, the B vitamin family will work to give you healthier skin, a faster metabolism, and an overall better immune system. They can also help you to fight back against depression and stress as well, which is

something we could all use. No matter how you look at it, this family of vitamins could greatly improve life as you know it.

Although other vitamins are essential to your diet as well, the B family is among the most important. All of these vitamins should be included in your daily diet, as they greatly improve your body and your health.

Even though you may be on a healthy diet, you may not be getting what you need of the B vitamin family. If this happens to be the case, you should look into vitamin supplements that will give you the doses of the B vitamins you need.

Although you may not realize it, going without B vitamins can be very bad on your body and your health. If you make the smart choice and get yourself some B vitamin supplements - you'll know that you are getting exactly what you need to live a healthy life.

## **A to Z Greatest Vitamin Sources**

**There is a lot of debate as to what the greatest vitamin actually is. Each vitamin has its own essential functions that contribute to a person's general health and well-being.** It is impossible to actually state that one of these is the greatest vitamin. However there are a number of foods that provide the greatest vitamin quantities.

The greatest vitamin sources vary for each vitamin. It is important to have a balanced diet to ensure that the required amounts of each vitamin are obtained. However, it may be useful to list the greatest vitamin sources for each vitamin to be used as a guide.

\* Greatest vitamin A sources are milk, eggs, butter, yellow fruits & vegetables, dark green fruits & vegetables, liver

\* Greatest vitamin B1 sources are brewer's yeast, whole grains, blackstrap molasses, brown rice, organ meats, egg yolk

\* Greatest vitamin B2 sources are brewer's yeast, whole grains, legumes, nuts, organ meats, blackstrap molasses

\* Greatest vitamin B3 sources are lean meats, poultry & fish, brewer's yeast, peanuts, milk, rice bran, potatoes

\* Greatest vitamin B4 sources are egg yolks, organ meats, brewer's yeast, wheat germ, soybeans, fish, legumes

\* Greatest vitamin B5 sources are organ meats, egg yolks, legumes, whole grains, wheat germ, salmon, brewer's yeast

\* Greatest vitamin B6 sources are meats, whole grains, organ meats, brewer's yeast, blackstrap molasses, wheat germ

\* Greatest vitamin B7 sources are egg yolks, liver, unpolished rice, brewer's yeast, sardines, legumes, whole grains

\* Greatest vitamin B8 sources are whole grains, citrus fruits, molasses, meat, milk, nuts, vegetables, brewer's yeast

\* Greatest vitamin B9 sources are dark-green leafy vegetables, organ meats, root vegetables, oysters, salmon, milk

\* Greatest vitamin B12 sources are organ meats, fish, pork, eggs, cheese, milk, lamb, bananas, kelp, peanuts

\* Greatest vitamin B13 sources are root vegetables, liquid whey

\* Greatest vitamin B15 sources are brewer's yeast, rare steaks, brown rice, sunflower, pumpkin & sesame seeds

\* Greatest vitamin B17 sources are whole kernels of apricots, apples, cherries, peaches, plums

\* Greatest vitamin C sources are citrus, cabbage family, chilli peppers, berries, melons, asparagus, rose hips

\* Greatest vitamin D sources are salmon, sardines, herring, milk, egg yolk, organ meats, sprouted seeds, sunflower seeds

\* Greatest vitamin E sources are cold-pressed oils, eggs, wheat germ, organ meats, molasses, sweet potatoes, nuts

\* Greatest vitamin F sources are vegetable oils, butter, sunflower seeds

\* Greatest vitamin K sources are green leafy vegetables, egg yolks, safflower oil, blackstrap molasses, cauliflower

\* Greatest vitamin Q sources are pinto beans, legumes, soybeans

\* Greatest vitamin T sources are sesame seeds, raw seeds, butter, egg yolk

\* Greatest vitamin V sources are raw cabbage, sauerkraut, leafy vegetables

You can contact me to find out more about our nutritional systems or about joining our team of health and wellness consultants by emailing me at [helene@TheHealthSuccessSite.com](mailto:helene@TheHealthSuccessSite.com)

**Additional information is provided below with the compliments of:**  
<http://TheHealthSuccessSite.com/Your-health-online.html>

**Warren Tattersall has been a nutritional consultant since the early 1990's and has had had experience with nearly any and all health issues you could think of.**

He has a website that is a wonderful resource for understanding health issues and more specifically how nutritional support can have a positive impact on wellness issues.

We asked Warren what light he can shed on incorporating vitamin & supplements in your nutrition self care strategy:

## **“Nutrition supplementation CAN make a big difference to your wellbeing & overall health levels”**

**Over more than a decade of working with nutrition supplementation I have found and interesting phenomena. If your general wellness is high then your immune system is able to better protect you. A lot of people with general health issues find that the symptoms diminish and even disappear when the sufferer uses a strong nutrition program.**

The same thing happens in many cases for people with health problems. I am not talking about treating symptoms in this case and taking supplements that ease the effect of their compromised health. I'm talking about increasing your core wellness and about the problem diminishing or even disappearing from your life.

The following is my summary of how nutrition affects the quality of your health overall, covering so many health issues, that it is clear to me that if you put pure herbal based health foods into your body, that is capable of being absorbed on a cellular level, you WILL experience relevant improvements in your health.

## **Nutrition and General Health Indicators**

### **Do You Have Any Indicators Of Health Problems?**

A lot of people look at the information about nutrition and how the body breaks food down and absorbs it through the villi, putting it into the blood stream to deliver it to their cells and say, “That just makes sense”.

There is a big step though from knowing how the body does this to understanding that each of us need to be taking some personal action to give our bodies what they need for optimum performance.

Our body is like a very high performance car. Given proper fuel and servicing it will perform increasable. Given lower standard fuel than it is designed to run on then it will still work, it will still get you from point A to point B on your journey through life but it will be a little sluggish, lacking acceleration, stutter and hesitate when it should be performing at it's best.

This sounds a little simplistic but it is not. Our body is a very powerful and very sensitive machine, the most complicated organism on the planet. As it grows it adjusts to your needs. If you exercise it, it will give hard muscles and power, if you stretch it then it will become flexible, if you cut it then it will heal, if you damage it from bad living, maybe liver damage from too much alcohol then stop dinking and give good cleansing food and supplements and the body will repair your liver to a point where it functions normally!! It is a quite incredible machine.

Like a high performance car though, if you use it and do not look after it then there will be some problems. If you use poor fuel in a car and you do not service it then you will clog up the fuel lines and lower the performance. If you eat high fat foods an do not do something to keep your blood clean then you will normally build layers of fat on the inside of your arteries making it more difficult for your heart to pump blood through them and so increasing blood pressure.

If your car gauges show that temperature is increasing then you had better check out what the problem is. If you find your blood pressure is increasing then you had better check that out as well.

If you ignore increased blood pressure then you may find that the stress on the engine causes it to seize up and fail. In your body this is called a heart attack and it will damage you and you may well die.

There are herbal and nutrition supplements that deal directly with the build up of fats in your arteries. Others work with the digestive system and help to heal everything from irritable bowel syndrome to duodenal ulcers. Hormonal issues like PMT/PMS for ladies and change of live symptoms can be greatly supported and often cleared up with correct supplementation (here I am talking about traditional Chinese herbs that have been used for many thousands of years).

What I am saying is that keeping our body health can be compared to keeping a high quality car running properly. To get optimum performance you need to pay a little attention to it and not ignore warning signs that are telling you that something needs to be attended to,

From here you can link to our A to Z list of health problems to check up in what is troubling you and see what suggestions are there about nutrition support that may assist you. ["Your Health Online"](#)

## **Wellness and Sickness**

Like the high performance car we were talking about your body can perform better if everything is in order.

If the tyres of the car are worn and do not have proper grip on the road surface they will still work fine when you are traveling down a straight road.

When it comes to turning a corner at speed it is a different matter.

If the tires are in great condition and you drive hard around a corner fast then the car will do its job.

If the tires are in bad condition and you drive the same way then the car will slip, slide and you may well come completely off the road and end up in a big crash.

It is the same with your body.

I do not fully understand asthma. I know that for a lot of people, especially children, it comes and goes, there are good days and bad days. Normally there is something that triggers the condition, pollen in the air, dust, dust mites, stress, any number of things.

I have seen many, many people with this problem who get onto a range of nutrition supplements who improve their overall wellness and their asthma goes away.

This is not a cure for the asthma but, like good tires on the car, when the body is well then it can handle conditions better and it seems that the body can handle the trigger factors that set off the asthma better. When you have seen 50 people

with asthma who get onto supplements to improve their overall health and wellness and nearly all of them find that they need to use their puffers less often and most find they no longer need to use their puffers and fill their bodies with chemicals to treat their asthma, when you see this you come to respect the power of the body to keep you healthy if you do your own bit and keep the body well.

Asthma is just one example. The same thing applies to simple things. If you are very well and working in the winter with people with colds quite often you either do not catch a cold or, if you do, it clears up quickly. If you are run down and your overall wellness is low then when someone on the other side of the room sneezes you catch a cold and when you do catch it then it tends to hang around for ages.

**How does your body react when you put it under stress?** How well can it stand outside pressures, and all the damaging things modern society throws at us every day, is directly related to our level of wellness.

If we have dynamic health, if we have a reserve of energy and strength and our body is not working flat out just to keep us going then we can withstand problems much better

Giving the body the tools it needs to keep your level of wellness as high as possible just makes sense. You service your car, you need to service your body also.

## **If You Are Not Sick, Does That Mean You Are Well?**

**What is the difference between health and wellness?  
What is the difference between wellness and  
dynamic wellness?**

Getting out of bed every day and doing what you need to do to survive so that you can go to bed at night is survival, not living.

Having enough energy to be able to get up and do your daily tasks with enough energy to do them easily it a much better way to live. Life is more interesting and you have the capacity to go beyond your normal routine and meet a friend for a drink or get to the library for a book or to get that extra job done around the house. Life is much more pleasant when you have enough energy to do normal things without having to push yourself.



Dynamic energy is bouncing out of bed ready to face the day. Having the energy to stride up the steps, rather than taking the lifts, and not be panting and puffing at the top. Energy to just live well.

This comes from a combination of nutrition and exercise. Exercise comes from activity, you cannot buy a supplement to give you that but, when you are tired, most people do not get around to doing the exercise.

I suggest you look at getting your body systems in order through the use of proper nutrition and supplementation and then build on the extra energy to put in place a sensible exercise routine to take yourself to the next level.

This is not something for fit young people alone. Medical authorities tell us that there is no reason why someone 75 years old who breaks a bone should take any longer to heal than someone who is 30 years old! If you are 70 then you would be more than a little silly to be doing 100 meter sprints but if you set up a sensible exercise routine to get your fitness levels above the level you need for your daily living then you have spare energy and life is a much more pleasant experience.

One of the key factors in having good health is to have your overall level of wellness high. Many people who have minor health problems also have a range of other more dangerous problems. If we are able to get your general wellness high then working with your body to repair everything else is much easier.

Once you have looked through this information on herbal support, go and have a closer look on our pages on nutritional support for your body. It give a key to getting your whole system working well and assists the best healing of all, helping your body heal itself.

And now YOU can also learn more about our [Herbalife Health Nutrition Supplements](#) A to Z directory of Herbalife retail products for Self Care Strategies using natural herbal based remedies. Health articles about your health online including nutrition and food health issues and home remedies for lifetime health & fitness.

While I would never advocate making any change to medication without consulting your doctor, it is worth reviewing what nutritional support to build your overall wellness and support your immune system can do to help your body to help itself.

If there is a natural way to deal with your health problems in the longer term then it stands to reason that dealing with the problem with supplementation rather than medication must be better for you in the longer term

In the short term you must control your problem. If you are sick you go to your doctor and the medication that you are given can control the problem, improve your condition, even save your life. It is a very good thing.

In the longer term your overall health both now and in your old age may be better supported by finding a more natural way to deal with your problems.

**I wish you well on your journey to better health and a more balanced life.**

Regards,

*Warren Tattersall*

You can contact Helene Malmsio to find out more about our nutritional systems or about joining our team of health and wellness consultants by emailing me at [helene@TheHealthSuccessSite.com](mailto:helene@TheHealthSuccessSite.com)

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